CLIENT HANDOUT

# Hand portion guide

VitalsCalc
Free health calculators for iPhone & Android

Your hand is a portion guide that is always with you and scales with your body. Use it to build each meal; your coach fills in how many of each you need.

## The four hand portions

| HAND PORTION | FOOD GROUP | ABOUT | EXAMPLES |
|---|---|---|---|
| **Palm (thickness and width of your palm)** | Protein | 20–30 g protein | Chicken, fish, lean meat, eggs, tofu, Greek yogurt |
| **Cupped hand** | Carbohydrate | 20–30 g carbs | Rice, oats, pasta, potatoes, beans, fruit |
| **Thumb (the whole thumb)** | Fat | 7–12 g fat | Oils, butter, nut butter, nuts, cheese |
| **Fist** | Vegetables | About 1 cup | Leafy greens, broccoli, peppers, carrots |

## Your daily portions

**Name**

**Calories a day**
kcal

**Meals a day**

| | PALMS · PROTEIN | CUPPED HANDS · CARBS | THUMBS · FAT | FISTS · VEG |
|---|---|---|---|---|
| **Per day** | | | | |
| **Per meal** | | | | 1 |

## How to use it

- Build every meal from the per-meal row: protein first, then vegetables, then carbs and fats to fill it out.
- Follow the plan for two weeks and weigh in several times a week. If the trend doesn't match the goal, change one cupped hand of carbs or one thumb of fat a day, then give it another two weeks.
- Protein stays the same when calories come down; that is what protects muscle.
- Work the whole chain yourself, calories to hands, with the free calculator at **cohesionbrew.com/apps/vitalscalc/guides/hand-portion-calculator.html**, the same formulas as the VitalsCalc app.

Prepared by Eric Adriaansen, ACSM-CPT, Precision Nutrition Level 1 · Hand-portion method popularized by Precision Nutrition · Estimates for healthy adults, not medical advice.

**cohesionbrew.com/apps/vitalscalc**