

# FIONA TUCK

NUTRITION WELLNESS YOGA

## Portion size

### The Hand Method

No need for complicated weights and measures when it comes to portion control, your hand is a great reference...



#### Palm & Fingers

100g to 150g = 1 serve of protein  
(beef, chicken, fish)

Tip of index finger:  
Teaspoon or 5g = 1 serve of fats

Thumb:  
Tablespoon or 15g = 1/2 a serve of nuts



#### Closed fist

1 cup or 150g to 200g = 2 serves of carbs  
(noodles, quinoa, pumpkin)