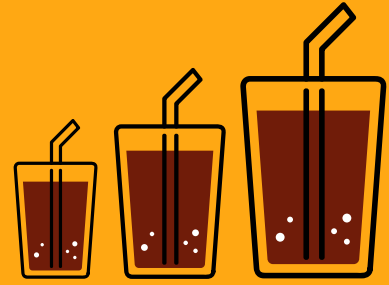


Your Handy
PORTION GUIDE



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WELCOME



Welcome to your quick guide to portion sizes!

I created it to give you an easy way to double-check how much you are *actually* eating – **and to give YOU back control.**

Because the fact is, portion sizes have gone wild over the past 40+ years.



WE EAT ABOUT 300 MORE CALORIES EVERY DAY THAN WE DID IN 1985.

When you consider that there are 3,500 calories in a pound, you can see how fast this can add up to weight gain!





This matters because excess weight gain is linked with obesity, which is linked with a long list of serious chronic health issues from heart disease and diabetes, to cancer, arthritis, pain, and more.

Getting a handle on your portion sizes is vital to your personal health... and this guide will help you to do just that.

I hope you find this guide helpful and that it'll empower you to make more informed decisions about your portion sizes in the future.



Carlos Payte

415-246-0484

Serving Size vs. **PORTION SIZE**

These two terms below might seem interchangeable but they actually can be very different.

SERVING SIZE:

The amount of food listed on its nutrition facts label

VS.

PORTION SIZE:

How much food you choose to eat at one time.



There used to be a wide disparity between serving sizes and portion sizes, but recent laws have narrowed that gap.

Now, serving sizes are required to more closely reflect how much of a food people actually eat, vs. how much they are supposed to eat.

But... have you ever really LOOKED at the portion sizes? Both at home and at restaurants?

Most of us eat more than one serving size, and our “supersized” portions have come to appear normal.

How Portion Sizes HAVE CHANGED

FOOD	20 YEARS AGO	TODAY
BAGEL	3-inch (76mm) diameter 140 Calories	6-inch (152mm) diameter 350 Calories
SPAGHETTI WITH MEATBALLS	1 cup (200 g) spaghetti w/ sauce & 3 small meatballs 500 calories	2 cups (400 g) of spaghetti w/ sauce & 3 large meatballs 1,025 calories
FRENCH FRIES	2.4 ounces (68 g) 210 Calories	6.9 ounces (195 g) 610 Calories
TAKEOUT TURKEY SANDWICH	320 calories	820 calories
MUFFIN	1.5 ounces (41 g) 210 calories	4 ounces (113 g) 500 calories
2 SLICES PEPPERONI PIZZA	500 calories	850 calories
CHICKEN CAESAR SALAD	1½ cups (153 g) 390 calories	3½ cups (357 g) 790 calories
MOVIE POPCORN	5 cups (55 g) 210 calories	11 cups (121 g) 630 calories
CHICKEN STIR FRY	2 cups (300 g) 435 calories	4 ½ cups (675 g) 865 calories

Source: National High Blood Pressure Education Program

Why a "HANDY" GUIDE?



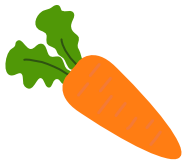
Your hands are a surprisingly genius way to measure portion sizes!

- ✓ **THEY'RE PORTABLE. YOU'LL NEVER LEAVE THEM AT HOME.**
- ✓ **THEY ARE SCALED TO YOUR UNIQUE NEEDS. BIGGER PEOPLE NEED BIGGER PORTIONS AND HAVE BIGGER HANDS TO USE AS THEIR MEASUREMENT GUIDE. SMALLER PEOPLE, MEANWHILE, REQUIRE SMALLER PORTIONS & HAVE SMALLER HANDS.**
- ✓ **HANDS ARE EFFICIENT. THERE'S NO WEIGHING AND MEASURING INVOLVED!**

Your Handy PORTION GUIDE

Even calories from healthy foods can add up. Here's your guide to recommended serving sizes.

COOKED VEGGIES



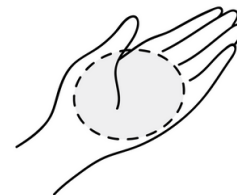
FIST



MEAT & FISH



PALM



CARBS: FRUITS, LEGUMES, WHOLE GRAINS



HANDFUL



OILS, NUTS, SEEDS AND NUT BUTTERS



THUMB



Eat Better, FEEL BETTER.

See how simple it can actually be? Eating healthfully doesn't have to be complicated!

As a special thank you for downloading this guide, we have a special gift for you to be able to give to friends:

We'd love for your friends and family to be part of our program!



4 FREE WEEKS OF FITNESS WITH US!

**NEW MEMBERS ONLY

**PREVIOUS MEMBERS ONE WEEK FREE

Carlos Payte

www.w3fitness.com



REFERENCES

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