

# NATALIE HODSON'S

## *Easy Portion Size Guide*

[www.nataliehodson.com](http://www.nataliehodson.com)

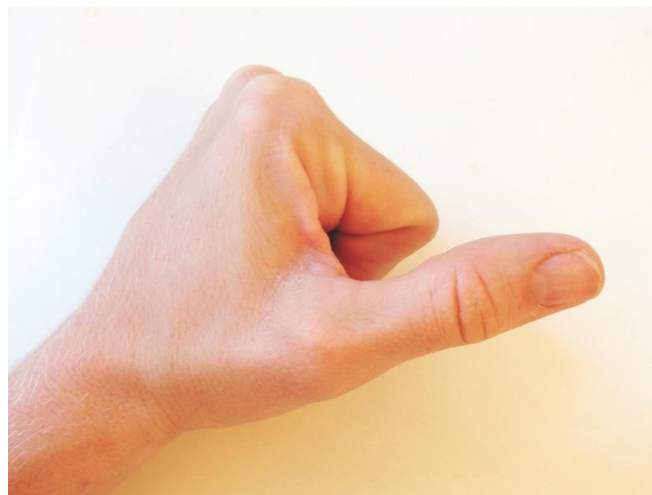
Counting calories can, at times, be overwhelming. Although counting calories for 7-10 days can be a great way to gauge your current calorie intake, or to help you get through a plateau, I don't think weighing all your food and tracking every calorie is realistic to maintain every day of your entire life. Instead, I use the hand method for estimating my portion sizes. This is a great tool to help you keep your portion sizes in check while you are at home or at a restaurant.



**Your PALM determines your protein portion**



**Your FIST determines your carb/legume portion**



**Your THUMB determines your fat portion**

As always, veggies are unlimited! I hope this guide is helpful. If you are looking for more easy and practical tips like these, consider becoming a Natalie Hodson Member at [www.nataliehodson.com/become-a-member](http://www.nataliehodson.com/become-a-member).