

# THE MOXIE PROJECT

## PORTION SIZE GUIDE

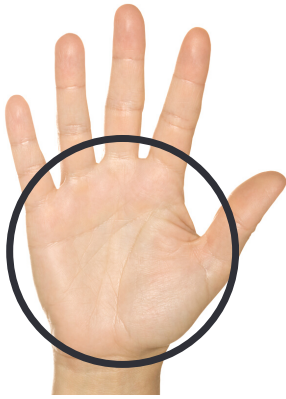
HOW TO USE THE PALM METHOD



# PORTION SIZE GUIDE

## COMPARE YOUR PALM

Kcals are approximate and vary with brand.



**PALM = 85 GRAMS COOKED**

- Chicken / Poultry (200 kcal)
- Beef (215 kcal)
- Fish (75 -175 kcal)



**FIST**

- Fruit 150 grams (70-140 kcal)
- Raw Vegetables 80 grams (30 -100 kcal)
- Quinoa Cooked 185 grams (220 kcal)



**CUPPED HAND = 28 GRAMS**

- Nuts (170 kcal)
- Dried Fruit (100 kcal)
- Granola (120 kcal)



**THUMB = 30 GRAMS**

- Peanut Butter/Any Nut Butter (190 kcal)
- Hard Cheese (120 kcal)
- Seeds (100-150 kcal)



**1/2 FIST = 64 GRAMS**

- Rice Cooked(105 kcal)
- Pasta Cooked(105 kcal)
- Beans Cooked (120 kcal)
- Cottage Cheese (110 kcal)



**THUMB TIP = 15 ML,**

**0.5 FLUID OZ**

- Mayonnaise (95 kcal)
- Oil (120 kcal)

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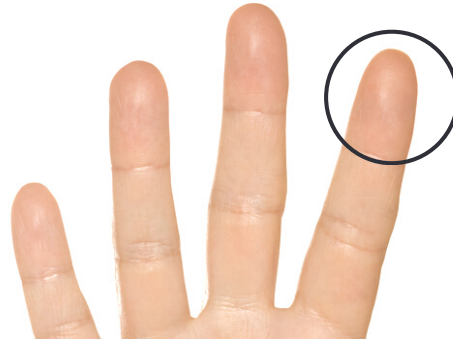
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### FIST WITHOUT THUMB

- Cereal 40 grams (100- 300 kcal)
- Yogurt 170 - 225 grams (100 - 240 kcal)



### INDEX FINGERTIP = 14 GRAMS

- Butter (approximately 35 kcal)



### TWO FIST = 150 GRAMS

- Leafy greens (15 kcal)