

# QUICK TIPS FOR PROPER PORTIONS ON THE GO



THE TIP OF YOUR THUMB:  
healthy fats  
(e.g., peanut butter)



THE PALM OF YOUR HAND:  
protein (e.g., chicken, fish)



THE SIZE OF YOUR FIST:  
carbs (e.g., cereals, grains, rice, pasta)

CUPPING TWO HANDS TOGETHER:  
fruit and vegetables



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