



PORTION CONTROL

*transformation
guide*

PORTION CONTROL

VEGETABLES CONTAIN 25 CALORIES AND 5 GRAMS OF CARBOHYDRATES

One serving equals:

1/2 cup Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.)

1 cup Raw vegetables or salad greens

1/2 cup Vegetable juice

*If you're hungry, eat more fresh or steamed vegetables.

DAIRY AND DAIRY ALTERNATIVES HAVE ON AVERAGE 80 TO 100 CALORIES AND 0 TO 5 GRAMS OF FAT PER SERVING

One serving equals:

1 cup Hemp, almond, or coconut milk (unsweetened)

1 serving Coconut ice cream

1 cup Greek yogurt

VERY LEAN PROTEIN HAVE 55 CALORIES AND 2 GRAMS OF FAT PER SERVING

One serving equals:

4 ounces Turkey breast or chicken breast, skin removed

4 ounces Fish fillet (flounder, sole, scrod, cod, etc.)

4 ounces Canned tuna in water

4 ounces Beef (bison)

3 Egg whites

1/2 cup Beans, cooked (black beans, kidney, chick peas, or lentils) – count as 1 starch/bread and 1 very lean protein

FRUITS CONTAIN 15 GRAMS OF CARBOHYDRATES AND 60 CALORIES

One serving equals:

1 small	Apple, banana, orange, nectarine
1 medium	Fresh peach
1	Kiwi
1/2	Grapefruit
1/4 cup	Fresh berries (strawberries, raspberries, or blueberries)
4 ounces	Unsweetened juice
1/3 cup	Goji Berries

LEAN PROTEIN CHOICES HAVE 55 CALORIES AND 2-3 GRAMS OF FAT PER SERVING

One serving equals one ounce, therefore 55 calories:

4 ounces	Chicken—dark meat, skin removed
4 ounces	Turkey—dark meat, skin removed
4 ounces	Salmon, swordfish, herring
4 ounces	Lean beef (flank steak, London broil, tenderloin, roast beef)*
4 ounces	Veal, roast, or lean chop*
4 ounces	Lamb, roast, or lean chop*
4 ounces	Pork, tenderloin, or fresh ham*
1 ounce	Low-fat cheese with 3 g or less of fat per ounce
1 ounce	Low-fat luncheon meats with 3 g or less of fat per ounce
1/4 cup	4.5% cottage cheese
2 medium	Sardines

* Limit to 1–2 times per week

MEDIUM FAT PROTEINS HAVE 75 CALORIES AND 5 GRAMS OF FAT PER SERVING

One serving equals:

- 1 ounce Beef (any prime cut), corned beef, ground beef**
- 1 ounce Pork chop
- 2 Whole egg (medium)**
- 1 ounce Mozzarella cheese
- 1/4 cup Ricotta cheese

STARCHES CONTAIN 15 GRAMS OF CARBOHYDRATES AND 80 CALORIES PER SERVING

One serving equals:

- 1 slice Bread (gluten-free or Ezekiel)
- 1/2 English gluten-free muffin
- 1/2 cup Cold/warm cereal
- 1/2 cup Brown rice, cooked
- 1/2 cup Quinoa, millet, or couscous, cooked
- 2/3 cup Legumes (dried beans, peas, or lentils), cooked
- 1/2 cup Pasta, cooked
- 1/2 cup Buckwheat, cooked
- 1/2 cup GMO free Corn, sweet potato, or green peas
- 1/2 Baked sweet or red potato
- 3 cups Popcorn, hot air popped (80% light)

FATS CONTAIN 45 CALORIES AND 5 GRAMS OF FAT PER SERVING

One serving equals:

1 teaspoon	Oil (grapeseed, avocado, olive, coconut etc.)
1 teaspoon	Butter (ghee)
10 raw	Walnuts, almonds
15	Pumpkin seeds
2 tablespoons	Hemp seeds
1 tablespoon	Salad dressing
1/8	Avocado
2 tablespoons	Almond butter
1 slice	Bacon

THESE PORTION SIZES WILL CHANGE FOR SOMEONE WHO IS MORE ACTIVE OR SEDENTARY. PLEASE NOTE THAT PORTION SIZES WILL VARY DEPENDING GENDER, PHYSICAL ACTIVITY, AGE AND STRESS LEVELS TO NAME A FEW. REMEMBER THE CONCEPT OF BIO-INDIVIDUALITY: EACH OF OUR UNIQUE BODIES IS DIFFERENT THAN THE NEXT.