

Javelina Student Athlete

Gain Template

Each Meal should include:

3 palm portions of lean protein

5 closed fist portions of healthy carbohydrates

3 thumb portions of healthy fat

1 closed fist of non-starchy vegetable

HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

- Palm** ≈ 3-4 ounces (meat, fish, & poultry)
- Thumbnail** ≈ 1 Teaspoon (butter, margarine, mayonnaise, & oils)
- Thumb** ≈ 1-2 Tablespoons (salad dressing, sour cream, cream cheese, peanut butter & hard cheeses)
- Fist** ≈ 1 cup (cereal, soup, casseroles, fresh fruit, raw vegetables or salads)
- One cupped hand** ≈ 1/2 cup (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
- Two cupped hands** ≈ 1 ounce (chips, crackers & pretzels)

Try the leader in perfectly portioned meals created for healthy living.

Healthy Choice

* indicates approximate size of serving.

Lean Protein	Healthy Carbs	Healthy Fats
Turkey burger	Beans	Peanut butter
Deli meats	Whole wheat pasta	Nuts
Grilled chicken	Brown rice	Avocado
Egg	Fruit	Olives
Tofu	Potato	Olive oil