

Javelina Student Athlete

Maintain Template

Each Meal should include:

5 palm portions of lean protein

4 ½ closed fist portions of healthy carbohydrates

2 ½ 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)
- Thumb** ≈ 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

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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