

FIST / PALM / THUMB MEASUREMENTS - WOMEN

FIST - **STARCHY** / **SIMPLE CARBS**

Food Item	Serving Size	Weight (oz)	Weight (g)
Beans (Black, Kidney, Lima, etc)	1 cup cooked	8-9 oz	225-255 g
Rice (Brown Rice, Wild Rice, Black Rice, etc)	1 cup cooked	7.5 oz	210 g
Oats (Rolled, Steel Cut)	1 cup cooked	7 oz	200 g
Quinoa, Lentils, Chickpeas, etc	1 cup cooked	8 oz	225 g
Potatoes, Sweet Potatoes, Yams	1 small	4-5 oz	115-140 g
Berries (Strawberries, Blueberries, Blackberries, etc)	1 cup	5 oz	140 g
Small Fruits (Kiwi, Nectarine, Plumbs, etc)	2 pieces	-	-
Medium Fruits (Apple, Banana, Orange, etc)	1 piece	-	-
Large Fruits (Melons, Mangos, etc)	1 cup, cubed	8 oz	225 g

PALM - **PROTEIN**

Food Item	Serving Size	Weight (oz)	Weight (g)
Chicken, Turkey (Skinless, Breast Meat)	½ cup cooked	4 oz	113 g
Fish (Cod, Halibut, Tuna, etc)	½ cup cooked	4 oz	113 g
Beef, Pork (Extra Lean)	½ cup cooked	4 oz	113 g

Bison, Buffalo, Venison	½ cup cooked	4 oz	113 g
Egg (Whole)	2 whole eggs	3 oz	85 g
Greek Yogurt, Cottage Cheese	⅔ cup	5.2 oz	130 g
Tofu, Tempeh	⅔ cup cooked	6 oz	170 g

THUMB - FAT

Food Item	Serving Size	Weight (oz)	Weight (g)
Nuts, Seeds	1 tablespoon	1 oz	28 g
Nut Butters (Almond, Peanut, Cashew)	1 tablespoon	0.5 oz	14 g
Cheese	1 oz	1 oz	28 g
Oils (Olive, Avocado, Coconut)	1 tablespoon	0.5 oz	14 g
Avocado	1/3 of a medium avocado	1.5 oz	42 g

FIST / PALM / THUMB MEASUREMENTS - MEN

FIST - **STARCHY** / **SIMPLE CARBS**

Food Item	Serving Size	Weight (oz)	Weight (g)
Beans (Black, Kidney, Lima, etc)	1.25 cup cooked	10-11 oz	290-310 g
Rice (Brown Rice, Wild Rice, Black Rice, etc)	1.25 cup cooked	9.4 oz	265 g
Oats (Rolled, Steel Cut)	1.25 cup cooked	8.75 oz	250 g
Quinoa, Lentils, Chickpeas, etc	1.25 cup cooked	10 oz	280 g
Potatoes, Sweet Potatoes, Yams	1 small-medium	5.2-5.6 oz	150-160 g
Berries (Strawberries, Blueberries, Blackberries, etc)	1.25 cup	6.25 oz	175 g
Small Fruits (Kiwi, Nectarine, Plumbs, etc)	2 pieces	-	-
Medium Fruits (Apple, Banana, Orange, etc)	1 piece	-	-
Large Fruits (Melons, Mangos, etc)	1.25 cup, cubed	10 oz	281 g

PALM - **PROTEIN**

Food Item	Serving Size	Weight (oz)	Weight (g)
Chicken, Turkey (Skinless, Breast Meat)	$\frac{3}{4}$ cup cooked	6 oz	170 g
Fish (Cod, Halibut, Tuna, etc)	$\frac{3}{4}$ cup cooked	6 oz	170 g
Beef, Pork (Extra Lean)	$\frac{3}{4}$ cup cooked	6 oz	170 g

Bison, Buffalo, Venison	$\frac{3}{4}$ cup cooked	6 oz	170 g
Egg (Whole)	2-3 whole eggs	4-4.5 oz	127 g
Greek Yogurt, Cottage Cheese	$\frac{3}{4}$ cup cooked	7.8 oz	195 g
Tofu, Tempeh	$\frac{3}{4}$ cup cooked	9 oz	255 g

THUMB - FAT

Food Item	Serving Size	Weight (oz)	Weight (g)
Nuts, Seeds	1.5 tablespoon	1.5 oz	42 g
Nut Butters (Almond, Peanut, Cashew)	1.5 tablespoon	0.75 oz	21 g
Cheese	1.5 oz	1.5 oz	42 g
Oils (Olive, Avocado, Coconut)	1.5 tablespoon	0.75 oz	21 g
Avocado	1/2 of a medium avocado	2.25 oz	63 g