Calorie Control
3 Easy Steps to a Healthier Diet

**Step 1: Know The Components of a Healthy Meal**
• A healthy meal integrates aspects from each food group
• Energy intake is developed through 3 major macronutrient groups
  • Protein (meat, fish, beans)
  • Fat (oils, butter, nuts)
  • Carbohydrates (grains, starches, fruits)
• Vegetables add important supplements to the body, while being less “energy-dense”.
• Excessive portions can lead to obesity, so it’s important to limit overconsumption
• Avoid sugar-heavy beverages at all costs
• Calorie counting is rarely necessary

**Step 2: Distribute Portions Appropriately**
• Often times it is difficult to calculate the exact amount of calories consumed
• An easy way to monitor your consumption is to use your hand as a reference
  • Why the hand? Your hand is related to your body size- a personalized way to measure and track food intake
• For Women:
  • 1 “palm” protein dense food
  • 1 “handful” carb-rich food
  • 1 “fist” vegetables
  • 1 “thumb-length” fat dense food
• For Men:
  • 2 “palms” protein dense food
  • 2 “handfuls” carb-rich food
  • 2 “fists” vegetables
  • 2 “thumb-lengths” fat dense food

**Step 3: Add Your Own Modifications**
• Listen to your body and stay flexible
  • Adjust for hunger, fullness, or personal goals
• If still hungry, eat more fruits and vegetables
• Mix it up! Don’t be afraid to try new things
• Slow down- enjoy the food and chew slowly
• Essentially, half your plate should be fruits and vegetables
  • More color = more vitamins and nutrients
• Be yourself- Have fun, stay positive, get creative, and be happy eating healthy