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THE EASY PORTION CONTROL GUIDE

Simple Portion Guidance, Practical Nutrition Support, and a Free Health Assessment

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The nutritional guidance in this guide is general in nature and may not be suitable for every individual. Portion needs can vary based on body size, activity level, age, goals, and personal health history.

Any product suggestions mentioned in this guide are intended as optional wellness support and should be used alongside a balanced diet, not as a substitute for real food or professional care.

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WELCOME

I'm Daniel Popa, founder of livegoodforlife.com.

This guide was created to help make portion control feel simpler, more practical, and easier to use in everyday life. You do not need to eat perfectly to make progress. Often, understanding portions better is one of the most helpful first steps toward more balanced meals and smarter daily choices.

Inside this guide, you'll find simple visual tools, food examples, and portion ideas to help you build more awareness without overcomplicating nutrition.

You may also see a few optional wellness support suggestions where they naturally fit, such as protein, greens, omega support, or daily nutrition support products. These are meant to complement a balanced diet, not replace real food.

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TABLE OF CONTENTS

| | |
|--|----|
| What Portion Control Really Means | 5 |
| Portions vs. Servings | 6 |
| Why Portion Sizes Feel Hard Today | 7 |
| The Plate Method | 8 |
| The Hand-Based Portion Guide | 9 |
| Adjusting Portions for Different Needs | 10 |
| Portion Examples | 11 |
| Same Food, Different Portions | 12 |
| Portion Control by Food Group | 13 |
| What ~25 g of Protein Looks Like | 14 |
| Typical Carbohydrate Portions | 15 |
| Typical Healthy Fats Portions | 16 |
| How to Use Nutrition Labels | 17 |
| Snacks & Portion Awareness | 18 |

WHAT PORTION CONTROL REALLY MEANS

Portion control refers to the amount of food eaten at one time, not food restriction or strict dieting. It focuses on matching portions to the body's needs rather than external rules or oversized servings.

In today's food environment, portion sizes are often much larger than what most people need for energy and satisfaction. This can make it harder to recognize hunger and fullness cues over time.

Using simple visual guides and balanced portions helps create meals that support steady energy, satisfaction, and consistency, without weighing, tracking, or eliminating foods.

Small differences in portion size, when repeated daily, can significantly affect overall intake over time. Larger portions often lead to eating more without increased satisfaction, while balanced portions help meals feel complete and supportive.



WHY PORTION CONTROL IS IMPORTANT

- Supports more stable energy levels throughout the day
- Helps align intake with hunger and fullness cues
Reduces unintentional overeating driven by large portions
- Supports balanced meals without eliminating foods
- Makes eating habits easier to maintain long term

Optional support: Some people also use a [daily nutrition support product](#) alongside balanced meals to help support consistency in their routine.

PORTIONS VS. SERVINGS

The difference that causes most confusion

The terms portion and serving are often used interchangeably, but they do not mean the same thing. Understanding the difference is essential for building realistic portion awareness.

SERVING

(Label-based reference)

- A serving is a standardized amount set by food labels or guidelines
- Used to show nutrition information (calories, macros, nutrients)
- The same for everyone, regardless of hunger or needs
- Often measured in grams, cups, or pieces
- Not a recommendation for how much to eat

Purpose: information and comparison

PORTION

(What you actually eat)

- A portion is the amount eaten at one time
- Varies by appetite, energy needs, and context
- Can be smaller, equal to, or larger than a serving
- Changes from meal to meal and person to person
- Better guided by visual cues and satisfaction

Purpose: real-life eating decisions

Confusion happens when serving sizes are mistaken for ideal portions. This can lead to unnecessary restriction when portions are smaller than a serving, or unintentional overeating when multiple servings are consumed without awareness.

Learning to separate these two concepts helps shift focus away from rigid numbers and toward practical decision-making. Serving sizes provide information; portion sizes guide everyday eating.

Helpful note: Portion awareness can also be useful when using [protein powders](#), drink mixes, or other wellness products, since serving sizes may differ from the amount a person chooses to use.

WHY PORTION SIZES FEEL HARD TODAY

Portion sizes can feel difficult to manage because modern eating environments influence how much we serve and eat. Changes in food availability, presentation, and eating habits affect portion awareness in everyday situations.

Larger Portions Feel Normal

Portion sizes in restaurants and packaged foods have increased over time. Repeated exposure makes larger amounts feel expected rather than excessive. This shifts perception of what a “normal” portion looks like.

Highly Palatable Foods

Many modern foods are designed to be easy to eat and highly rewarding. This can delay fullness signals and encourage eating past satisfaction. The result is larger portions without increased awareness.

Packaging & Visual Cues

Plate size, packaging, and food presentation influence how much people serve and eat. Larger containers often lead to larger portions without conscious choice. Visual cues can override internal hunger signals.

Distracted & Fast Eating

Eating while multitasking reduces attention to hunger and fullness cues. Faster eating gives the body less time to register satisfaction. This makes it easier to eat larger portions than intended.



Helpful note: Busy routines often lead people to rely on convenience foods. Having simple [nutrition support options](#) available can sometimes make balanced choices easier.

THE PLATE METHOD

A visual way to build balanced meals

The Plate Method is a simple visual approach to building balanced meals without measuring or tracking. It focuses on how foods are arranged on the plate rather than exact quantities.

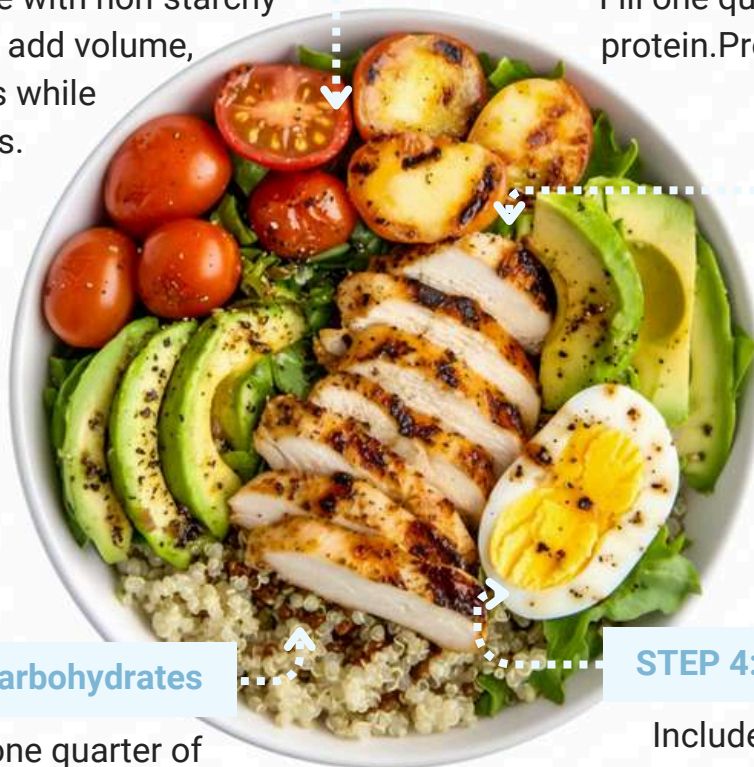
A balanced plate is typically divided into sections: half the plate filled with non-starchy vegetables, one quarter with protein, and one quarter with carbohydrates. Healthy fats are added in smaller amounts based on the meal and individual needs.

STEP 1: Start with Vegetables

Fill half of the plate with non-starchy vegetables. These add volume, fiber, and nutrients while supporting fullness.

STEP 2: Add a Protein Source

Fill one quarter of the plate with protein. Protein supports satiety and helps meals feel complete.



STEP 3: Include Carbohydrates

Fill the remaining one quarter of the plate with carbohydrates. Carbohydrates provide energy and help balance the meal.

STEP 4: Add Fats as Needed

Include fats in small amounts, either within foods or added separately. Fats support flavor and satisfaction without needing large portions.

Optional support: When a full meal is not practical, a **protein shake** can sometimes be a convenient addition alongside a balanced routine.

HAND-BASED PORTION GUIDE

Easy portions without scales or apps

The hand-based portion guide uses your hand as a simple reference for portion sizing. Because hand size generally scales with body size, this method provides a flexible and personalized way to estimate portions without measuring tools.

Use the following visual cues as a starting point:



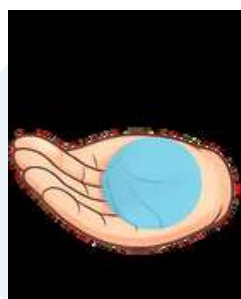
Protein

1 serving = 1 palm



Carbohydrates

1 serving = 1 cupped
hand



Vegetables

1 serving = 1 handful



Healthy Fats

1 serving = 1 thumb





Why the Hand Method Works

Portion awareness often breaks down when meals require measuring or tracking. The hand-based method simplifies decisions and reduces mental effort around food.

- No tools or measurements needed
- Easy to use at home or when eating out
- Adapts naturally to different body sizes
- Supports consistency without strict rules

The hand-based portion guide is a flexible, visual tool designed to make portion control more approachable. It supports balanced eating by simplifying decisions and encouraging consistency without the need for tracking or perfection.

Helpful note: This same visual approach can help when pairing meals or snacks with protein support products.

| FOOD | FEMALE PORTION (1 SERVING) | MALE PORTION (2 SERVINGS) |
|---|---|---|
|  <p>CARBOHYDRATES</p> | <p>1 cupped hand = 70–100g = ~1/2–3/4 cup cooked rice, quinoa, oats, beans, lentils, pasta, mashed potato, fruit salad</p> | <p>2 cupped hands = 150–200g = ~1–1 1/2 cups cooked grains, beans, fruit</p> |
|  <p>VEGETABLES</p> | <p>1 fist = 100–150g = ~2–3 cups raw spinach, lettuce, kale, cucumber, tomato, or ~1 cup cooked broccoli, zucchini, carrots</p> | <p>2 fists = 200–300g = ~4–6 cups raw or ~2 cups cooked</p> |
|  <p>PROTEIN</p> | <p>1 palm = 20–30g = ~3–4 oz cooked chicken, turkey, fish, tofu, tempeh, beef, pork, eggs (2), Greek yogurt (3/4 cup), cottage cheese (1/2 cup)</p> | <p>2 palms = 40–60g = ~6–8 oz meat/fish, 4 eggs, 1 1/2 cups Greek yogurt</p> |
|  <p>FATS</p> | <p>1 thumb = 10–15g = ~1 tbsp olive oil, nut butter, 7–10 almonds, 1/4 avocado, 1 tbsp chia/flax seeds</p> | <p>2 thumbs = 20–30g = ~2 tbsp oil or nut butter, 14–20 nuts, 1/2 avocado</p> |

Note:

Hand-based measurements are practical and user-friendly for everyday portion control. Use volume equivalents (cups/spoons) as a guide when visualizing food amounts, especially if you don't use a kitchen scale.

PORTION EXAMPLES

DIFFERENT NEEDS, SAME BALANCE

Portion sizes are not one-size-fits-all. While the structure of a balanced plate remains consistent, the amount of food needed can vary from person to person.

These examples show how portions can be adjusted based on energy needs, while keeping the same balance of protein, carbohydrates, vegetables, and fats.

Why Portions May Differ

Individual energy needs are influenced by several factors, including:

- Body size and composition
- Physical activity level
- Daily movement and training
- Appetite and hunger cues

Because of this, two people eating the same foods may need different portion sizes to feel satisfied and supported.

Example 1: Higher Energy Needs

This plate includes a larger protein portion while maintaining the same overall balance.

It may be appropriate for:

- Individuals with higher activity levels
- People with greater muscle mass
- Those with higher daily energy demands



Example 2: Moderate Energy Needs

This plate shows a slightly smaller protein portion, with vegetables and carbohydrates included for balance.

It may be appropriate for:

- Individuals with lower or moderate activity levels
- Those with smaller body size
- People who feel satisfied with smaller portions



SAME FOOD, DIFFERENT PORTIONS

Portion size can change the nutritional impact of a meal without changing the foods themselves. These examples show how the same meal, prepared the same way, can provide different amounts of energy and nutrients simply by adjusting the portion on the plate.

Spaghetti with Tomato Sauce & Meatballs



Smaller portion

Larger portion

≈ 1 cupped hand of pasta + 3 meatballs

≈ 2 cupped hands of pasta + 5–6 meatballs

The **smaller portion** provides fewer calories and carbohydrates while still offering protein and satisfaction from the same foods. The **larger portion** increases total calories, carbohydrates, and protein.

The smaller portion may suit lighter meals, lower appetite, or days with lower energy needs. The larger portion may suit higher activity levels, longer gaps between meals, or higher energy needs.

Yogurt Granola and Banana Bowl



Smaller portion

Larger portion

≈ 1 cupped hand granola + ½ banana

≈ 2 cupped hands granola + 1 banana

The **smaller portion** contains fewer calories, mainly due to a smaller amount of granola and fruit. The **larger portion** increases calories and carbohydrates, especially from granola, while keeping the same base foods.

The smaller portion may work well as a light breakfast or snack. The larger portion may be more appropriate for higher energy needs, active mornings, or longer periods between meals.

PORTION CONTROL BY FOOD GROUP

Protein

Protein supports satiety, muscle maintenance, and overall meal balance.

A general guideline is: **1 palm-sized portion per meal**

Examples include chicken, fish, eggs, dairy, tofu, and legumes.



Carbohydrates

Carbohydrates provide energy and help balance meals.

A general guideline is: **1 cupped-hand portion per meal**

Examples include rice, potatoes, pasta, grains, legumes, and fruit.



Vegetables

Vegetables add volume, fiber, and nutrients with relatively low energy density. Portions are generally more flexible.

A general guideline is: **1–2 fists per meal or more as desired**

Examples include leafy greens, broccoli, zucchini, peppers, etc



Fats

Fats support flavor, satisfaction, and nutrient absorption. Because fats are energy-dense, portions are typically smaller.

A general guideline is: **1 thumb-sized portion per meal**

Examples include olive oil, avocado, nuts, seeds, and spreads.



WHAT ~25 G OF PROTEIN LOOKS LIKE

These examples show how different foods can provide high-quality protein along with a variety of vitamins and minerals. Portions are approximate and highlight the nutritional value of each source rather than exact amounts.

CHICKEN BREAST (COOKED)



3 oz (85 g)

Rich in high-quality protein with excellent bioavailability and B vitamins.

SALMON (COOKED)



4 oz (115 g)

Provides complete protein along with omega-3 fats and vitamin D.

EGGS (WHOLE)



4 large eggs

Contain highly bioavailable protein plus choline and essential micronutrients.

GREEK YOGURT (PLAIN)



1 cup (225 g)

Offers complete protein with calcium and gut-supportive cultures.

COTTAGE CHEESE (LOW-FAT)



1 cup (210 g)

A slow-digesting protein source rich in calcium and B vitamins.

CHICKPEAS (COOKED)



1 1/2 cups (250 g)

Provide plant-based protein along with fiber, iron, and folate.

TOFU (FIRM)



7 oz (200 g)

A versatile plant protein supplying iron and calcium.

PROTEIN SHAKE



1 scoop / 30–35 g

A convenient, concentrated protein source for quick intake.

TUNA (CANNED)












4–5 oz / 120–140 g

A lean protein source rich in selenium and B vitamins.

TYPICAL CARBOHYDRATE PORTIONS

Carbohydrate portions provide energy and can be adjusted based on activity, appetite, and meal timing. These examples show typical portions using both hand cues and cooked food amounts to support balanced meals.

| | | |
|---|--|---|
| <p>RICE (COOKED)</p>  <p>1 cupped hand (≈ 120–150 g cooked)</p> <p>Provides quick and steady energy for daily activities.</p> | <p>PASTA (COOKED)</p>  <p>1 cupped hand (≈ 120–150 g cooked)</p> <p>A concentrated energy source that supports active days.</p> | <p>POTATOES (BOILED OR BAKED)</p>  <p>1 medium potato or 1 cupped hand</p> <p>Rich in potassium and naturally satisfying.</p> |
| <p>OATS (COOKED)</p>  <p>1 cupped hand (≈ 150 g cooked)</p> <p>Supports steady energy and fullness due to soluble fiber.</p> | <p>BREAD (WHOLE GRAIN)</p>  <p>1 slice (≈ palm-sized, ~40 g)</p> <p>Easy-to-use carbohydrate for meals or snacks.</p> | <p>QUINOA (COOKED)</p>  <p>1 cupped hand (≈ 120–150 g cooked)</p> <p>Contains carbohydrates with small amounts of protein.</p> |
| <p>FRUIT</p>  <p>1 cupped hand (≈ 120–150 g)</p> <p>Provides natural sugars, fiber, and micronutrients.</p> | <p>SWEET POTATO</p>  <p>1 cupped hand ≈ 130–150 g cooked)</p> <p>Provides carbohydrates with fiber and beta-carotene.</p> | <p>LEGUMES</p>  <p>1 cupped hand (≈ 120–150 g cooked)</p> <p>Carbohydrates combined with fiber and plant protein.</p> |

TYPICAL HEALTHY FATS PORTIONS

Healthy fats support satisfaction and nutrient absorption, but portions are smaller due to their energy density. This guide shows common fat sources using simple hand portions with approximate food amounts.

| | | |
|---|--|---|
| <p>OLIVE OIL</p>  <p>~1 tablespoon (≈ 15 g) Supports heart health and adds flavor without large volume.</p> | <p>AVOCADO</p>  <p>~ 1 thumb (≈ 50 g) Provides fiber and monounsaturated fats for satiety.</p> | <p>NUTS</p>  <p>~ 1 thumb (≈ 16 g) Energy-dense and easy to overeat without portion awareness.</p> |
| <p>NUT BUTTER</p>  <p>~1 tablespoon (≈ 16 g) Supports steady energy and fullness due to soluble fiber.</p> | <p>SEEDS (CHIA, FLAX, PUMPKIN)</p>  <p>~1 tablespoon (≈ 10 g) Easy-to-use carbohydrate for meals or snacks.</p> | <p>CHEESE (HARD OR SEMI-SOFT)</p>  <p>~ 1 thumb (≈ 20 g) Contains carbohydrates with small amounts of protein.</p> |
| <p>BUTTER</p>  <p>~ 1 thumb (≈ 20 g) Provides natural sugars, fiber, and micronutrients.</p> | <p>OLIVES</p>  <p>~ 1 thumb (≈ 20 g) Provides carbohydrates with fiber and beta-carotene.</p> | <p>CREAM / COOKING CREAM</p>  <p>~ 1 thumb (≈ 15 g) Carbohydrates combined with fiber and plant protein.</p> |

PROTEIN SERVING SIZE CHEAT SHEET

| FOOD | 1 SERVING ≈ 25G PROTEIN | HOW MUCH TO EAT |
|-----------------------------|----------------------------------|---|
| Eggs | 3 large eggs (150g) | Men: 3 eggs (150g) Women: 1-2 eggs (50-100g) |
| Cottage Cheese | 1 cup (226g / 8 oz) | Men: 1 cup (226g / 8 oz) Women: ½ cup (113g / 4 oz) |
| Greek Yogurt | ¾–1 cup (170–200g) | Men: 1½ cups (255g / 9 oz) Women: ¾ cup (170g / 6 oz) |
| Chicken Breast (cooked) | ½ cup (113g / 4 oz) | Men: 1 cup cooked (226g / 8 oz) Women: ½ cup cooked (113g / 4 oz) |
| Turkey Breast (cooked) | ½ cup (113g / 4 oz) | Men: 1 cup cooked (226g / 8 oz) Women: ½ cup cooked (113g / 4 oz) |
| Pork Tenderloin (cooked) | ½ cup (113g / 4 oz) | Men: 1 cup cooked (226g / 8 oz) Women: ½ cup cooked (113g / 4 oz) |
| Sirloin Steak (cooked) | ¾ cup (140g / 5 oz) | Men: 1½ cups cooked (280g / 10 oz) Women: ¾ cup cooked (140g / 5 oz) |
| Ground Beef (cooked) | ½ cup (113g / 4 oz) | Men: 1 cup cooked (226g / 8 oz) Women: ½ cup cooked (113g / 4 oz) |
| Salmon (cooked) | ¾ cup (140g / 5 oz) | Men: 1½ cups cooked (280g / 10 oz) Women: ¾ cup cooked (140g / 5 oz) |
| Tuna (canned in water) | 1 can (approx. 120g / 4.2 oz) | Men: 1½ cups (226g / 8 oz) Women: ¾ cup (120g / 4.2 oz) |
| Tofu (firm) | 1 cup (226g / 8 oz) | Men: 1 cup (226g / 8 oz) Women: ½ cup (113g / 4 oz) |
| Tempeh | 1 cup (226g / 8 oz) | Men: 1 cup (226g / 8 oz) Women: ½ cup (113g / 4 oz) |

VEGETABLE SERVING SIZE CHEAT SHEET

| FOOD | 1 SERVING (TYPICAL PORTION) | HOW MUCH TO EAT |
|----------------------|----------------------------------|---|
| Broccoli (cooked) | ½ cup (75g / 2.6 oz) | Men: 1 cup (150g / 5.3 oz) Women: ¾ cup (110–120g / 4 oz) |
| Carrots (raw) | 1 medium (60g / 2.1 oz) | Men: 1 cup (120g / 4.2 oz) Women: 1 medium + a few sticks |
| Spinach (raw) | 1 cup loose (30g / 1 oz) | Men: 2 cups (60g / 2 oz) Women: 1.5 cups (45g / 1.6 oz) |
| Spinach (cooked) | ½ cup (90g / 3.2 oz) | Men: 1 cup (180g / 6.3 oz) Women: ¾ cup (135g / 4.8 oz) |
| Green Peas (cooked) | ½ cup (80g / 2.8 oz) | Men: ¾ cup (120g / 4.2 oz) Women: ½–⅔ cup (80–100g / 2.8–3.5 oz) |
| Zucchini (cooked) | ½ cup (90g / 3.2 oz) | Men: 1 cup (180g / 6.3 oz) Women: ¾ cup (135g / 4.8 oz) |
| Cauliflower (cooked) | ½ cup (75g / 2.6 oz) | Men: 1 cup (150g / 5.3 oz) Women: ¾ cup (110g / 3.9 oz) |
| Bell Peppers (raw) | ½ cup sliced (60g / 2.1 oz) | Men: 1 cup (120g / 4.2 oz) Women: ¾ cup (90g / 3.2 oz) |
| Edamame (shelled) | ⅓ cup (80g / 2.8 oz) | Men: ¾ cup (160–180g / 5.6–6.3 oz) Women: ½ cup (120g / 4.2 oz) |
| Brussels Sprouts | ½ cup (80g / 2.8 oz, ~5 sprouts) | Men: 1 cup (160g / 5.6 oz) Women: ¾ cup (120g / 4.2 oz) |
| Asparagus (cooked) | ½ cup (~90g / 3.2 oz, ~6 spears) | Men: ~10 spears (150g / 5.3 oz) Women: ~7 spears (110g / 3.9 oz) |

VEGETABLE SERVING SIZE CHEAT SHEET

| FOOD | 1 SERVING (TYPICAL PORTION) | HOW MUCH TO EAT |
|---------------------|----------------------------------|--|
| Sweet Corn (cooked) | ½ cup kernels (80g / 2.8 oz) | Men: 1 cup (160g / 5.6 oz) Women: ¾ cup (120g / 4.2 oz) |
| Cucumber (raw) | ½ cup sliced (50g / 1.8 oz) | Men: 1 cup (100g / 3.5 oz) Women: ¾ cup (75g / 2.6 oz) |
| Mushrooms (cooked) | ½ cup (75g / 2.6 oz) | Men: 1 cup (150g / 5.3 oz) Women: ¾ cup (110g / 3.9 oz) |
| Tomatoes (raw) | 1 medium (120g / 4.2 oz) | Men: 1 cup chopped (200g / 7 oz) Women: ¾ cup (150g / 5.3 oz) |
| Red Cabbage (raw) | ½ cup shredded (45g / 1.6 oz) | Men: 1 cup (90g / 3.2 oz) Women: ¾ cup (70g / 2.5 oz) |
| Pumpkin (cooked) | ½ cup mashed (120g / 4.2 oz) | Men: ¾ cup (180g / 6.3 oz) Women: ½ cup (120g / 4.2 oz) |
| Beetroot (cooked) | ½ cup diced (85g / 3 oz) | Men: 1 cup (170g / 6 oz) Women: ¾ cup (130g / 4.6 oz) |
| Snow Peas (cooked) | ½ cup (60g / 2.1 oz) | Men: 1 cup (120g / 4.2 oz) Women: ¾ cup (90g / 3.2 oz) |
| Leeks (cooked) | ½ cup sliced (80g / 2.8 oz) | Men: 1 cup (160g / 5.6 oz) Women: ¾ cup (120g / 4.2 oz) |
| Kale (cooked) | ½ cup (65g / 2.3 oz) | Men: 1 cup (130g / 4.6 oz) Women: ¾ cup (100g / 3.5 oz) |
| Eggplant (cooked) | ½ cup (90g / 3.2 oz) | Men: 1 cup (180g / 6.3 oz) Women: ¾ cup (135g / 4.8 oz) |

CARBOHYDRATE SERVING SIZE CHEAT SHEET

| FOOD | 1 SERVING (TYPICAL PORTION) | HOW MUCH TO EAT |
|-------------------------------|--------------------------------|---|
| White Rice (cooked) | ½ cup (125g / 4.4 oz) | Men: 1–1¼ cups (250–310g / 9–11 oz) Women: ¾–1 cup (190–250g / 7–9 oz) |
| Brown Rice (cooked) | ½ cup (120g / 4.2 oz) | Men: 1–1¼ cups (240–300g / 8.5–10.5 oz) Women: ¾–1 cup (180–240g / 6.3–8.5 oz) |
| Quinoa (cooked) | ½ cup (115g / 4 oz) | Men: 1 cup (230g / 8 oz) Women: ¾ cup (170g / 6 oz) |
| Oats (cooked) | ½ cup (120g / 4.2 oz) | Men: 1 cup (240g / 8.5 oz) Women: ¾ cup (180g / 6.3 oz) |
| Whole Wheat Pasta (cooked) | ½ cup (105g / 3.7 oz) | Men: 1½ cups (315g / 11 oz) Women: 1 cup (210g / 7.4 oz) |
| White Pasta (cooked) | ½ cup (105g / 3.7 oz) | Men: 1½ cups (315g / 11 oz) Women: 1 cup (210g / 7.4 oz) |
| Couscous (cooked) | ½ cup (110g / 3.9 oz) | Men: 1 cup (220g / 7.8 oz) Women: ¾ cup (165g / 5.8 oz) |
| Bulgur (cooked) | ½ cup (100g / 3.5 oz) | Men: 1 cup (200g / 7 oz) Women: ¾ cup (150g / 5.3 oz) |
| Lentils (cooked) | ½ cup (100g / 3.5 oz) | Men: 1 cup (200g / 7 oz) Women: ¾ cup (150g / 5.3 oz) |
| Chickpeas (cooked) | ½ cup (125g / 4.4 oz) | Men: 1¼ cups (310g / 11 oz) Women: 1 cup (250g / 8.8 oz) |
| Kidney Beans (cooked) | ½ cup (125g / 4.4 oz) | Men: 1¼ cups (310g / 11 oz) Women: 1 cup (250g / 8.8 oz) |

CARBOHYDRATE SERVING SIZE CHEAT SHEET

| FOOD | 1 SERVING (TYPICAL PORTION) | HOW MUCH TO EAT |
|------------------------------|--------------------------------|--|
| Sweet Potato (cooked) | ½ medium (115g / 4 oz) | Men: 1 whole (230g / 8 oz) Women: ¾ medium (170g / 6 oz) |
| Potato (boiled) | 1 medium (150g / 5.3 oz) | Men: 1 large (300g / 10.5 oz) Women: 1 medium (200g / 7 oz) |
| Corn (cooked) | ½ cup (80g / 2.8 oz) | Men: 1 cup (160g / 5.6 oz) Women: ¾ cup (120g / 4.2 oz) |
| Green Peas (cooked) | ½ cup (80g / 2.8 oz) | Men: 1 cup (160g / 5.6 oz) Women: ¾ cup (120g / 4.2 oz) |
| Bread (whole grain) | 1 slice (30g / 1.1 oz) | Men: 2 slices (60g / 2.1 oz) Women: 1–1½ slices (30–45g / 1–1.6 oz) |
| Bread (white) | 1 slice (30g / 1.1 oz) | Men: 2 slices (60g / 2.1 oz) Women: 1–1½ slices (30–45g / 1–1.6 oz) |
| Tortilla (corn) | 1 small (40g / 1.4 oz) | Men: 2 small (80g / 2.8 oz) Women: 1–1½ small (40–60g / 1.4–2 oz) |
| Cereal (unsweetened, dry) | 1 cup (30g / 1 oz) | Men: 1½ cups (45g / 1.6 oz) Women: 1 cup (30g / 1 oz) |
| Crackers (whole grain) | 4–6 pieces (30g / 1 oz) | Men: 8–10 pieces (60g / 2.1 oz) Women: 5–6 pieces (40g / 1.4 oz) |
| Rice Noodles (cooked) | ½ cup (115g / 4 oz) | Men: 1 cup (230g / 8 oz) Women: ¾ cup (170g / 6 oz) |
| Popcorn (air-popped) | 3 cups (24g / 0.8 oz) | Men: 6 cups (48g / 1.6 oz) Women: 4 cups (32g / 1.1 oz) |

HEALTHY FATS SERVING SIZE CHEAT SHEET

| FOOD | 1 SERVING (TYPICAL PORTION) | HOW MUCH TO EAT |
|----------------------------|--------------------------------|--|
| Olive Oil (raw) | 1 tbsp (13.5g / 0.5 oz) | Men: 2–3 tbsp (27–40g / 1–1.4 oz) Women: 1–2 tbsp (13–27g / 0.5–1 oz) |
| Avocado (raw) | 1/3 medium (50g / 1.8 oz) | Men: 1/2–1 avocado (80–150g / 2.8–5.3 oz) Women: 1/3–1/2 avocado (50–80g) |
| Almonds (raw) | 1/4 cup (35g / 1.2 oz) | Men: 1/3–1/2 cup (45–70g / 1.6–2.5 oz) Women: 1/4–1/3 cup (35–50g / 1.2–1.8 oz) |
| Walnuts (raw) | 1/4 cup (30g / 1 oz) | Men: 1/3–1/2 cup (40–60g / 1.4–2.1 oz) Women: 1/4–1/3 cup (30–45g / 1–1.6 oz) |
| Cashews (raw) | 1/4 cup (32g / 1.1 oz) | Men: 1/3–1/2 cup (45–60g / 1.6–2.1 oz) Women: 1/4–1/3 cup (32–45g / 1.1–1.6 oz) |
| Peanut Butter (natural) | 1 tbsp (16g / 0.5 oz) | Men: 2 tbsp (32g / 1.1 oz) Women: 1 tbsp (16g / 0.5 oz) |
| Almond Butter (natural) | 1 tbsp (16g / 0.5 oz) | Men: 2 tbsp (32g / 1.1 oz) Women: 1 tbsp (16g / 0.5 oz) |
| Flaxseeds (ground) | 1 tbsp (7g / 0.25 oz) | Men: 1 1/2 tbsp (10g / 0.35 oz) Women: 1 tbsp (7g / 0.25 oz) |
| Chia Seeds (raw) | 1 tbsp (12g / 0.4 oz) | Men: 1 1/2 tbsp (18g / 0.6 oz) Women: 1 tbsp (12g / 0.4 oz) |
| Sunflower Seeds (raw) | 2 tbsp (18g / 0.6 oz) | Men: 3 tbsp (27g / 1 oz) Women: 2 tbsp (18g / 0.6 oz) |
| Pumpkin Seeds (raw) | 1 tbsp (10g / 0.35 oz) | Men: 2 tbsp (20g / 0.7 oz) Women: 1 tbsp (10g / 0.35 oz) |

HOW TO USE LABELS WITH PORTION CONTROL

Nutrition labels can be a helpful tool for portion awareness when used simply. The goal is not to track every number, but to understand how much food the label refers to and how that compares to what you actually eat.

| Nutrition Facts | |
|-------------------------------|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 240mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SERVINGS PER CONTAINER

This shows how many servings are in the entire package.

- One package often contains more than one serving
- Eating the full package means consuming multiple servings
- All numbers on the label apply to one serving only

SERVING SIZE

The serving size is the reference portion used to calculate the nutrition information.

- It reflects an average amount, not a recommendation
- It does not account for hunger, activity, or individual needs
- All values on the label are based on this amount

Nutrition labels provide information, not instructions.

Serving size explains the reference portion, you decide what portion works for you.

CALORIES (KEEP IN CONTEXT)

Calories show the energy provided by one serving.

- Larger portions contain more calories because they include more food
- Portion awareness helps manage intake without counting
- Individual energy needs vary

SNACKS & PORTION AWARENESS

Snacks are meant to support energy, not create stress. Portion awareness helps you enjoy snacks while staying satisfied, without measuring, tracking, or second-guessing yourself.

Why snacks feel tricky

- Snacks are often eaten quickly or mindlessly
- Packaged portions rarely match actual hunger needs
- Skipping snacks can lead to overeating later

Portion awareness brings intention back—without rules.



3 RULES FOR BALANCED SNACKS

Have a snack when your next meal is more than 3–4 hours away

A balanced snack combines protein with fiber or healthy fats

Snack portions are typically about half the size of a meal

HEALTHY SNACK OPTIONS



apple and nuts
≈ 1 fist fruit + 1 cupped palm nuts



crackers with hummus
≈ 1 cupped palm crackers + 1 thumb hummus



chia pudding with berries
≈ 1 cupped palm pudding + 1 fist berries

BY LIVEGOODFORLIFE.COM

EASY PORTION CONTROL GUIDE

The Smart Guide to Smarter Portions for Every Goal



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ABOUT ME

Hi, I'm Daniel Popa, founder of livegoodforlife.com.

I created this website to help people make more confident wellness decisions with less confusion and less hype. My focus is on practical education, simple nutrition guidance, product comparisons, and realistic support tools that can fit into everyday life.

I believe healthy choices should feel clear and sustainable. That means focusing on balanced meals, portion awareness, better label reading, and supportive products where they genuinely make sense.

If you'd like help choosing products that may fit your needs and goals, you can start with the [Free Health Assessment](#) on the website, livegoodforlife.com.



YOUR NEXT STEP

Thank you for taking the time to go through this guide.

Portion control does not need to be extreme or complicated. A few simple changes in awareness can make everyday eating feel more balanced, practical, and easier to manage over time.

If you'd like help finding wellness support products that fit your routine, start with the free health assessment at livegoodforlife.com.

There, you can explore practical support options for:

- [protein support](#)
- [greens support](#)
- [daily nutrition support](#)

Small steps done consistently can make a real difference.

Daniel Popa
Founder, livegoodforlife.com