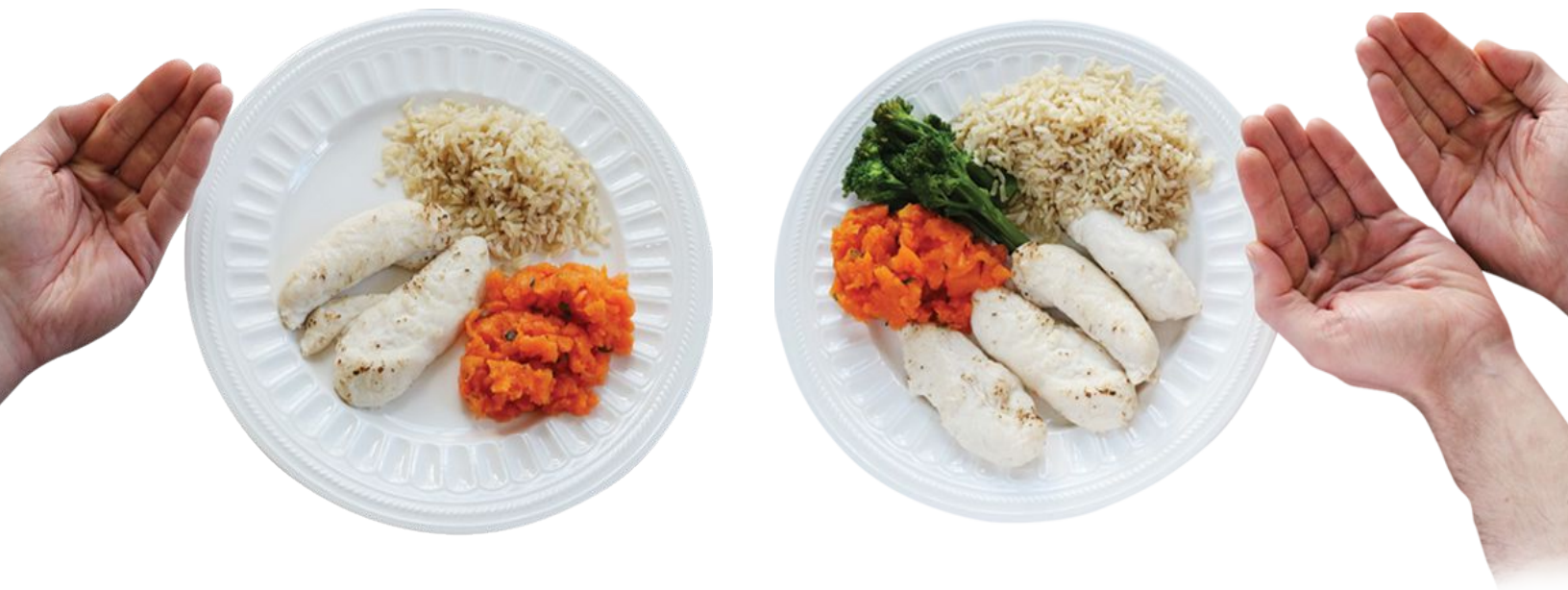




Fill The Remainder Of The Plate With Carbs

Carbs aren't "bad" when portion control comes first. Yet, seeing one proper serving size of rice, pasta, or bread often comes as a surprise. It's smaller than you'd think. We recommend filling the plate up and adding the carb last. You should always prioritize wholegrain or "brown" carbohydrate sources such as brown rice or pasta, quinoa, legumes, and sweet potato.

Image: Left to right, Female and Male.





Add A Source Of Healthy Fats

When we say healthy fats, we simply mean unsaturated fats versus saturated. Dietary fat is beneficial to consume and essential for optimal health. We need fatty acids for several crucial functions, including the absorption of vitamins, the production of hormones, and cell protection.

To measure fats, raise your hand in front of your face again. Stick out your thumb. Depending on your size, try incorporating 1-2 thumb sizes of fat into your meal. Such as cold-pressed virgin olive oil (for cooking), rapeseed oil (for cooking), coconut oil (saturated fat, but still good), a small handful of nuts (1-2 thumbs), seeds (flax, chia, etc.), avocado oil (for cooking), salmon, avocado.

Image: Left to right, Female and Male.

