

Your Handy

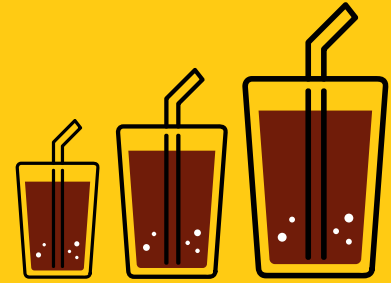


PORTION GUIDE



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WELCOME



Welcome to your quick guide to portion sizes!

We created it to give you an easy way to double-check how much you are *actually* eating – and to give **YOU** back control.

Because the fact is, portion sizes have gone wild over the past 40+ years.



WE EAT ABOUT 300 MORE CALORIES EVERY DAY THAN WE DID IN 1985.

When you consider that there are 3,500 calories in a pound, you can see how fast this can add up to weight gain!





Portion size matters because excess weight gain is linked with obesity, which is linked with a long list of serious chronic health issues from heart disease and diabetes, to cancer, arthritis, pain, and more.

Getting a handle on your portion sizes is vital to your personal health... and this guide will help you to do just that.

At **GO: Fitness** we teach our clients to reach and exceed their goals with our Total Transformation Program. This is the program and is proven to get results.

We hope you find this guide helpful and that it'll empower you to make more informed decisions about your portion sizes in the future.



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Serving Size vs. PORTION SIZE

These two terms below might seem interchangeable but they actually can be very different.

SERVING SIZE:

The amount of food listed on its nutrition facts label

VS.

PORTION SIZE:

How much food you choose to eat at one time.



There used to be a wide disparity between serving sizes and portion sizes, but recent laws have narrowed that gap.

Now, serving sizes are required to more closely reflect how much of a food people actually eat, vs. how much they are supposed to eat.

But... have you ever really LOOKED at the portion sizes? Both at home and at restaurants?

Most of us eat more than one serving size, and our “supersized” portions have come to appear normal.

How Portion Sizes HAVE CHANGED

FOOD	20 YEARS AGO	TODAY
BAGEL	3-inch (76mm) diameter 140 Calories	6-inch (152mm) diameter 350 Calories
SPAGHETTI WITH MEATBALLS	1 cup (200 g) spaghetti w/ sauce & 3 small meatballs 500 calories	2 cups (400 g) of spaghetti w/ sauce & 3 large meatballs 1,025 calories
FRENCH FRIES	2.4 ounces (68 g) 210 Calories	6.9 ounces (195 g) 610 Calories
TAKEOUT TURKEY SANDWICH	320 calories	820 calories
MUFFIN	1.5 ounces (41 g) 210 calories	4 ounces (113 g) 500 calories
2 SLICES PEPPERONI PIZZA	500 calories	850 calories
CHICKEN CAESAR SALAD	1½ cups (153 g) 390 calories	3½ cups (357 g) 790 calories
MOVIE POPCORN	5 cups (55 g) 210 calories	11 cups (121 g) 630 calories
CHICKEN STIR FRY	2 cups (300 g) 435 calories	4 ½ cups (675 g) 865 calories

Source: National High Blood Pressure Education Program

Stop

SPINNING YOUR WHEELS

Do you ever feel like you're working SO HARD and not getting the results you want?

The Total Transformation Program will help you get traction and finally smash those goals!

- ✓ Benefit 1: You can fit into old clothes, or finally have a GOOD reason to buy new ones.
- ✓ Benefit 2: You will feel better physically and emotionally
- ✓ Benefit 3: Gain more confidence every day
- ✓ And that's just the start of it!

Our program works because of our metabolism-boosting workouts and hormone optimization plan that has been designed to maximize your results with YOUR end goal in mind.

LEARN MORE WITH US!



- ✓ Feature 1: Weekly Private Session With Your Fitness Coach
- ✓ Feature 2: Personalized Nutrition Plan
- ✓ Feature 3: Semi-Private and Group Training Sessions
- ✓ Feature 4: Accountability and Education Program

Why a "HANDY" GUIDE?



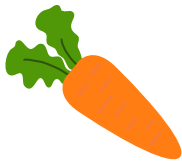
Your hands are a surprisingly genius way to measure portion sizes!

- ✓ **THEY'RE PORTABLE. YOU'LL NEVER LEAVE THEM AT HOME.**
- ✓ **THEY ARE SCALED TO YOUR UNIQUE NEEDS. BIGGER PEOPLE NEED BIGGER PORTIONS AND HAVE BIGGER HANDS TO USE AS THEIR MEASUREMENT GUIDE. SMALLER PEOPLE, MEANWHILE, REQUIRE SMALLER PORTIONS & HAVE SMALLER HANDS.**
- ✓ **HANDS ARE EFFICIENT. THERE'S NO WEIGHING AND MEASURING INVOLVED!**

Your Handy PORTION GUIDE

Even calories from healthy foods can add up. Here's your guide to recommended serving sizes.

COOKED VEGGIES



FIST



MEAT & FISH



PALM



CARBS: FRUITS, LEGUMES, WHOLE GRAINS



HANDFUL



OILS, NUTS, SEEDS AND NUT BUTTERS



THUMB



Eat Better, FEEL BETTER.

See how simple it can actually be? Eating healthfully doesn't have to be complicated!

At **GO: Fitness**, our mission is to help you get the Results YOU want, in an efficient and FUN way!

As a special thank you for downloading this guide, we have a special gift for you:



FREE 7-DAY TRIAL OF THE TOTAL TRANSFORMATION PROGRAM

Just set up a time to come in and see if you think the program will help you reach your goals. If so, you can try it for 7 days, on us!

We'd love to be part of your fitness/wellness journey!

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REFERENCES

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