

EAT THE WEIGHT OFF

Portion Size Visual Guide

No measuring cups required — use your hand!

eattheweightoff.com | Founded by Pamela M. Johnson

Your hand is the perfect portion tool — it travels with you everywhere and is naturally proportional to your body size. Use these visual cues at every meal.

PROTEIN

Your Palm	3–4 oz lean protein	Chicken, fish, turkey, tofu, eggs
Deck of Cards	3 oz meat	Steak, pork, salmon
Checkbook	3 oz fish fillet	Tilapia, cod, flounder

CARBOHYDRATES & GRAINS

Your Fist	1 cup cooked grains	Rice, pasta, oats, quinoa
Tennis Ball	1 medium fruit	Apple, orange, peach
Handful	1 oz crackers or chips	About 15–20 pieces

FATS

Your Thumb	1 tbsp oil or nut butter	Olive oil, peanut butter, avocado
Golf Ball	2 tbsp nuts or seeds	Almonds, walnuts, chia seeds
Poker Chip	1 tbsp butter or mayo	Use sparingly

VEGETABLES

Two Fists	2 cups leafy greens	Spinach, kale, mixed greens
Baseball	1 cup vegetables	Broccoli, peppers, carrots
No limit!	Non-starchy veggies	Fill half your plate — always

DAIRY & CHEESE

Four Dice	1 oz cheese	Cheddar, mozzarella, feta
Baseball	1 cup yogurt or milk	Greek yogurt, cottage cheese
Ping Pong Ball	2 tbsp cream cheese	Use as a spread

The Eat the Weight Off Plate Method:

Fill HALF your plate with non-starchy vegetables. Fill ONE QUARTER with lean protein. Fill ONE QUARTER with whole grains or starchy vegetables. Add a thumb-sized serving of healthy fat.