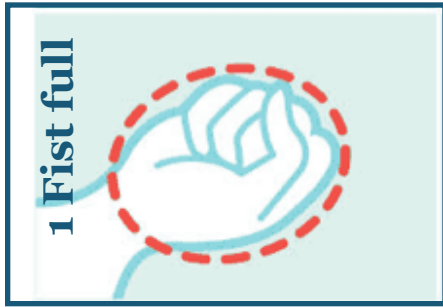


Portion

Control!

I'm an athlete, why should I care about portion control?

Think of your body as a high-end sports car: to get optimal output you must put in quality nutrition in the correct portions. Paying attention to *how much* you're eating will ensure that your body is getting the right amount of nutrients that will aid in recovery and maximize your performance!



1 Cup Equivalent

Measure: Fruits, Vegetables, Rice



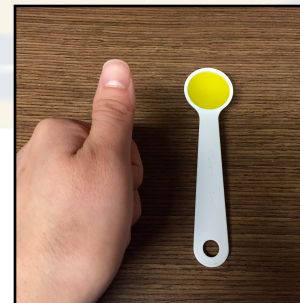
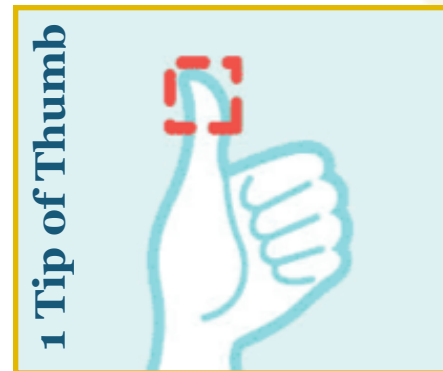
1 Ounce Equivalent

Measure: Nuts & Seeds



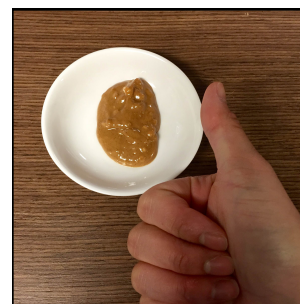
3 Ounces Equivalent

Measure: Fish, Poultry, Beef



1 Teaspoon Equivalent

Measure: Cooking Oil, Mayonnaise, Butter, Sugar



1 Ounce Equivalent

Measure: Peanut Butter, Hard Cheese

Checking the nutrition label tells you not only the nutrients you are getting, but it also shows you the serving size for you to portion accordingly to fit your needs.

Nutrition Facts Label & Serving Sizes

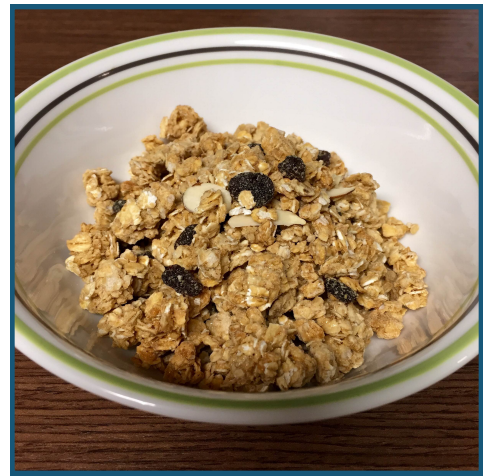
Nutrition Facts	
Serving Size: 1/2 cup dry (40g)	
Amount Per Serving	3
Calories 150	Calories from Fat 25

The amount of food that allots **ONE serving**

The number of servings in **ONE** container/package

A commonly assumed serving size... Vs **An actual serving size!**

Granola
1 Cup = 420
Calories



Granola
0.25 Cup = 105
Calories



Brown Rice
1.5 Cups (cooked) = 450
Calories



Brown Rice
0.5 Cup (cooked) = 150
Calories



Whole Grain Pasta
2.5 Cups (cooked) = 350
Calories



Whole Grain Pasta
0.5 Cup (cooked) = 70
Calories

