

# Hand Portions GUIDE

fit-flavors  
Healthy meals to go!



Male	Female	Foods	
		<b>FRUITS:</b>	
		<b>VEGETABLES:</b>	
		<b>WHOLE GRAINS &amp; STARCHY VEGETABLES:</b>	
		<b>OILS:</b>	
		<b>NUT BUTTERS:</b>	

**FRUITS:**

- Apples
- Bananas
- Oranges
- Berries

- Kiwi
- Peaches
- Pineapple
- Grapes

**VEGETABLES:**

- Spinach
- Carrots
- Zucchini
- Broccoli
- Kale

- Asparagus
- Green Beans
- Yellow Squash
- Brussels Sprouts

**WHOLE GRAINS & STARCHY VEGETABLES:**

- Oats
- Rice
- Quinoa
- Potatoes

- Corn
- Pasta
- Cereal
- Legumes

- Chicken
- Turkey
- Beef
- Pork

- Fish
- Eggs
- Soy
- Legumes

- Pecans
- Pistachios
- Hazelnuts
- Almonds

- Cashews
- Seeds
- Avocado

**OILS:**

- Olive
- Peanut

- Coconut
- Canola

**NUT BUTTERS:**

- Peanut

- Almond

CARBOHYDRATES

PROTEINS

FATS