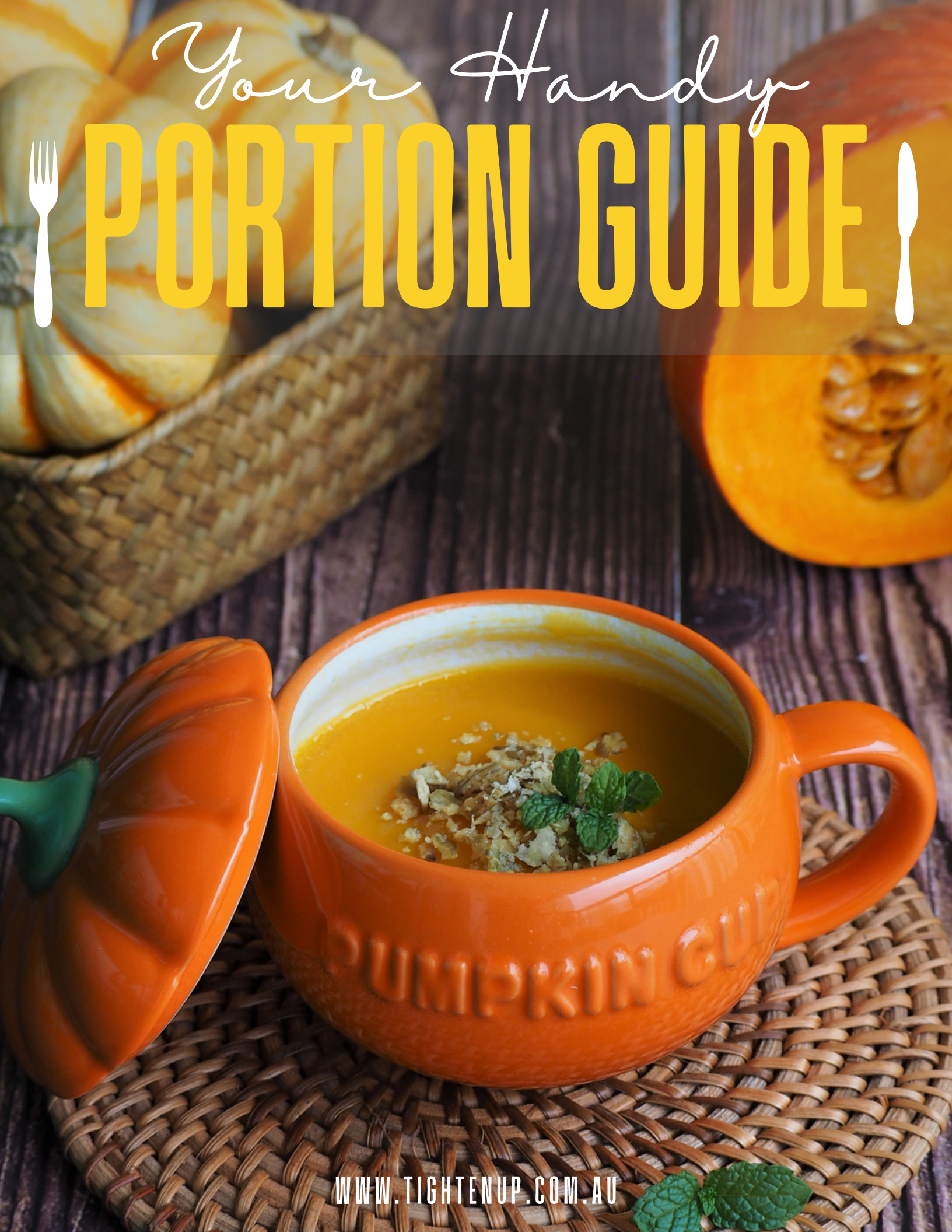


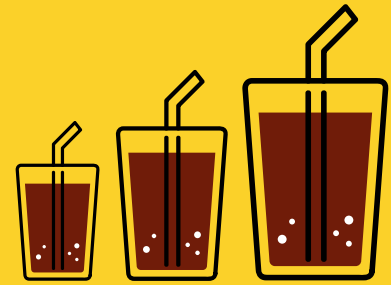
*Your Handy*



# PORTION GUIDE



# 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!





This 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 TIGHTEN UP, we help our clients reach and exceed their goals with a proven plan that gets 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.



*Jewelz,*

*Founder of Tighten Up*

*e: [jewelz@tightenup.com.au](mailto:jewelz@tightenup.com.au)*

# 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	(76mm) diameter <b>140 Calories</b>	(152mm) diameter <b>350 Calories</b>
SPAGHETTI WITH MEATBALLS	1 cup (200 g) spaghetti w/ sauce & 3 small meatballs <b>500 calories</b>	2 cups (400 g) of spaghetti w/ sauce & 3 large meatballs <b>1,025 calories</b>
FRENCH FRIES	68 g <b>210 Calories</b>	195 g <b>610 Calories</b>
TAKEAWAY TURKEY SANDWICH	<b>320 calories</b>	<b>820 calories</b>
MUFFIN	(41 g) <b>210 calories</b>	(113 g) <b>500 calories</b>
2 SLICES PEPPERONI PIZZA	<b>500 calories</b>	<b>850 calories</b>
CHICKEN CAESAR SALAD	1½ cups (153 g) <b>390 calories</b>	3½ cups (357 g) <b>790 calories</b>
MOVIE POPCORN	5 cups (55 g) <b>210 calories</b>	11 cups (121 g) <b>630 calories</b>
CHICKEN STIR FRY	2 cups (300 g) <b>435 calories</b>	4 ½ cups (675 g) <b>865 calories</b>

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?*

*Our SMALL GROUP SESSIONS will help you get traction and finally smash those goals!*

- ✓ Fitting into old clothes – (and brand-new ones, too)
- ✓ Feel Confident In Front Of Anyone
- ✓ Increase Your Motivation And Drive
- ✓ Achieve The Body You've Wanted

*It works because of our all our sessions are structured with a clear plan of what you can expect from each workout.*



- ✓ A proven plan – no more guesswork!)
- ✓ Myzone MZ-1 Heart Rate monitor
- ✓ Coaching to help you through the rough spots
- ✓ Accountability

# Why a "HANDY" GUIDE?



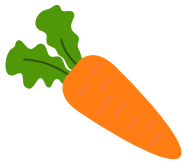
Your hands are a surprisingly genius way to measure portion sizes!

- ✓ **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



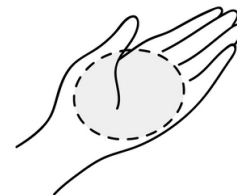
FIST



## 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 **TIGHTEN UP** our mission is to help our customers feel fit, healthy and strong – and have fun every step of the way!

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



## UNLIMITED SMALL GROUP DEAL!

### What you get:

- 2 weeks unlimited Small Group Training sessions
- Strategy and Goal Setting Session
- Myzone MZ-1 Heart Rate monitor
- Postural and Movement Assessment
- Body Composition Scan
- Beginner Exercise Guide and Programs
- Simple & Easy Recipes eBook
- Habit Checklist & Mini Guide eBook
- Support from your Coach and Crew Priceless!

Ready? Call me on 0418 263 786 or email: [jewelz@tightenup.com.au](mailto:jewelz@tightenup.com.au) with "learn more!"

*Jewelz*

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