

CHEAT SHEET FOR CALORIE COUNTING



- ✓ Abs are made in the kitchen.
- ✓ You can't out-exercise a bad diet.
- ✓ Weight loss and toning is 80% about what you put in your mouth.

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Not only does what you eat matter. Equally, how much you eat matters.

That is because weight loss and reducing your body fat percentage is a very simple equation – calories in versus calories out. Or how many calories you eat compared with how many calories you expend. If you eat more calories than you burn, your body will store these excess calories and you'll gain weight.

That means that being conscious of your portion sizes to control your caloric intake is important.

Certainly counting calories has got easier in modern times with the advent of things like MyFitnessPal. Overall though, it is still complicated, time-consuming and often inaccurate. Food scales, measuring cups, calculators, excel spreadsheets, looking up books, searching on google ... there's an easier way to track your food.

Inspired by Precision Nutrition's approach to calorie control, you can use your hand like a personalized and portable measuring device for your food intake. Use it as a guide and a starting point and then adjust over time if you need to depending on your gender; your goals; your training intensity and frequency; your body size; and how your body is responding given your own personal hunger/fullness.

Or alternatively, you can use the area on your plate as a basic guide. So here's some guides to help you.

“A clean healthy diet is the key to optimal health”



Cheat Sheet for Calorie Counting

Explanation

Your 'Handy' Guide

Your Plate Guide

Protein intake = use your palm

Women should eat one palm-sized portion with each meal (the same diameter and the same thickness). Men should eat two.

Or alternatively = 1/4 of your plate



Vegetable intake = use your fist

Women should eat one fist-sized portion of vegetables with each meal (the same diameter and the same thickness). Men should eat two.

Or alternatively = 1/2 of your plate



Carbohydrate intake = use your hand

Women should eat one cupped hand-sized portion of carbohydrate/starch with each meal. Men should eat two.

Or alternatively = 1/4 of your plate



Good fats intake = use your thumb

Women should eat one thumb sized portion of fat-dense foods (eg oils, avocado, nuts/seeds) with most meals. Men should eat two.

Or alternatively = thumb size of your plate





Your health is something that is priceless. You can't buy it and you can't give anything in exchange for it. Nutrition is one of the foundations for this and controlling your calorie intake by being conscious of not only what you eat, but how much you eat is half of the story. Calories in versus calories out.

Active8me's meal plans designed by our expert dietician take all this into account, but the ultimate decision on what goes onto your plate and into your mouth is up to you.

Here's to your success. We hope that Active8me can be part of your journey and help you along the way.

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