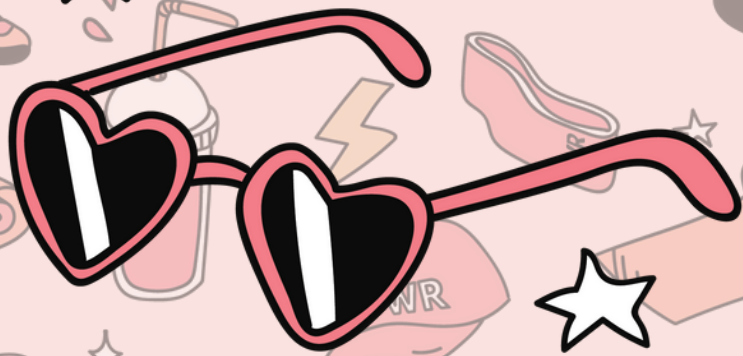




# Serving Size

# Guide



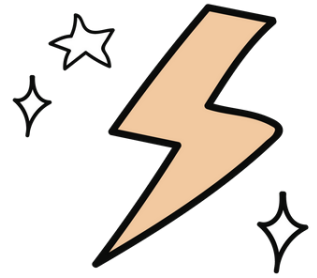
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PWR

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These are the recommended serving sizes for foods if you are to have them with a meal, if you really struggle with portion control, and are finding that you just can't shift the extra weight and find tracking your calories really hard, follow these guidelines as roughly as you can for an idea on portion control.

### Serving Recommendations Per Day:



Grains: 1 serving

Fruit: 2 pieces

Vegetables: Starchy: 2 servings

Non- starchy: 7 servings

Legumes: 1 serving

Meat: 2-3 servings

Dairy: 1-2 servings

Healthy Fats: 2-4 servings

Sugar: 30g per day

Fibre: 30g per day

B12: 1 serving from lean meat, chicken, fish or eggs

Calcium: 2-3 servings

*(serving sizes and recommendations will vary from person to person, depending on your TDEE and BMR)*

# What is a carb?



Carbohydrates are the main providers of energy in our diet. Every body cell, including the brain, requires a constant supply of glucose as fuel, most of which is provided by the carbohydrates in food and drink.

Most foods contain some carbohydrates, but foods containing the most include fruit, vegetables, bread, breakfast cereals, rice, pasta, legumes (chickpeas, lentils), milk, yoghurt, sugar.

# What is protein?



Protein is a source of energy but its main role in the body is growth and repair. It helps in the formation of muscles, hair, nails, skin and organs, such as the heart, kidneys and liver.

Animal sources: meat, fish, chicken, eggs, milk, cheese and yoghurt.

Plant sources: soy protein (such as soy beans, tofu and soy milk), grains (quinoa, oats, barley, etc), nuts and pulses (dried beans, peas and lentils).

All animal foods, as well as two plant sources –soy protein and quinoa – provide all the necessary amino acids required by the body for good health and these are called essential amino acids.

# What is fat?

Fat is an essential nutrient with a host of important functions within the body. It is essential for supplying the body with omega 3 and omega 6 essential fatty acids, producing healthy cell membranes and maximising the absorption of fat-soluble vitamins and fat-soluble antioxidants.

Fat is found in many foods and comes from both animal and vegetable sources.

The main types of fat are saturated (Butter, cheese, meat fat, meat products (sausages, hamburgers), full-fat milk and yoghurt), polyunsaturated (salmon, mackerel, herring, trout, sunflower seeds, wheat germ, sesame, walnuts, soybean) monounsaturated (olive oil, canola oil, nuts (pistachio, almonds, hazelnuts, macadamia, cashew, pecan, peanut) and the oils from these nuts, avocados, avocado oil, lean meat) and trans fats.



# What is fibre?

Fibre is only found in plant products, but in two forms – soluble and insoluble. Soluble fibre acts like a sponge, absorbing fluid and making the bowel contents softer and able to move more easily. It also helps lower blood cholesterol and improve blood glucose control. Insoluble fibre acts as a 'bulking agent' which, with soluble fibre, helps to keep us regular.

Soluble: oats, legumes – dried peas, beans, lentils, vegetables – especially broccoli, brussels sprouts, carrots, potato, kumara, fruit – especially apples, pears, citrus, stone and berry fruit.

Insoluble: Breads – mixed grain, wholemeal, wholegrain cereals, wholewheat pasta, rice, especially brown rice, corn, cornmeal, polenta, fruit & vegetables





# Macro Sheet

## Protein

- Cottage cheese (low fat)
- Chicken breast
- Whey protein
- Egg whites
- Lean turkey
- Lean red meat
- Plain natural yoghurt (greek yoghurt)

## Protein/Carbs

- Beans
- Quinoa
- Chickpeas
- Lentils
- Peas
- Pea protein
- Skim milk

## Protein/Fats

- Eggs
- Almonds
- Cheese
- Chicken Thigh
- Red meat
- Cream cheese
- Nut butter
- Pork
- Full fat cottage cheese

## Carbs

- Rice
- Oats
- Fruit
- Vegetables
- Sweet potato
- Pumpkin
- Honey
- Bread
- Cereals
- Pasta



## Fats

- Oils: olive oil, coconut oil
- Egg yolks
- Avocado
- Olives
- Coconut
- Ghee
- Butter
- Mayonnaise

## Carbs/Fats/Protein

- Tofu
- Edamame
- Tempeh
- Full fat yoghurt
- Full cream milk

# Grains

## Source of carbohydrates

### BREADS:

1 medium bread roll (110 calories)

1 small wholemeal pita (110calories)

1 slice of vogels bread (100 calories)

### CEREALS

30 grams of muesli (200-250calories)

30 grams of oats (115 calories)

### GRAINS:

90 grams cooked brown rice (100 calories)

100 grams of cooked couscous (112 calories)

120 grams of cooked polenta (70 calories)

90 grams of cooked quinoa (129 calories)

100 grams cooked rice vermicelli noodles (157 calories)

100 grams of cooked millet (118 calories)

8 small rice paper wraps (20 calories each = 160)

90 grams of cooked buckwheat pasta (100 calories)

## Source of carbohydrates

# Fruit:

- 1 medium apple (52 calories : 100grams)
- 1 medium apricots (48 calories : 100grams)
- 170 grams frozen berries (79 calories)
- 200 grams blackberries (86 calories)
- 160 grams blueberries (90 calories)
- 20 cherries (75 calories)
- 3 medjool dates (150 calories)
- 2 medium figs (74 calories)
- 150 grams of mixed fruit salad (90 calories)
- 1 medium grapefruit (39 calories)
- 100g of grapes (65 calories)
- 100g guava (68 calories)
- 2 kiwifruit (84 calories)
- 3 lemons (51 calories)
- 2 small mandarins (70 calories)
- 1 medium mango (110 calories)
- 2 medium nectarines (60 calories)

## Source of carbohydrates

# Fruit:

1 medium orange (62 calories)

5 passionfruit (110 calories)

1 large peach (69 calories)

1 small pear (80 calories)

170 grams pineapple (85 calories)

3 small plums (80 calories)

1 pomegranate (80 calories)

160 grams raspberries (83 calories)

250 grams rockmelon (72 calories)

400 grams rhubarb (84 calories)

1 medium tangelo (70 calories)

250 grams of watermelon (75 calories)







# Meat

## Source of protein

### RED MEAT: (lean cuts)

- 80g of cooked beef (100 calories)
- 80g of cooked kangaroo (110 calories)
- 80g of cooked venison (127 calories)
- 65g of cooked lamb (180 calories)
- 1 medium lamb chop (130 calories)
- 65g of cooked pulled pork (160 calories)
- 65g of cooked veal (150 calories)

### POULTRY:

- 100g of cooked chicken breast (165 calories)
- 100g of cooked chicken thigh (190 calories)
- 110g of cooked turkey breast (100 calories)

### SEAFOOD:

- 120g of cooked calamari (189 calories)
- 100g cooked white fish fillet (100 calories)
- 8 medium mussels (112 calories)
- 120g cooked octopus (190 calories)
- 10 medium prawns (100 calories)

Please ensure if you are buying fish that it is not commercially caught, canned, or pre-frozen. Our oceans are suffering from overfishing and the death of innocent marine life, especially dolphins, sharks, and turtles that are caught and killed as bycatch or unnecessary "pest control" are on a very scary decline. Without marine life and a flourishing ocean, our entire planet will suffer, which means this is going to highly impact our health and wellbeing. PWR FIT will no longer recommend any recipes or food serving that includes canned fish.

# *Meat Alternatives*

2 large eggs (148 calories)

150g cooked or tinned mixed beans (140 calories)

150g cooked or tinned black beans (140 calories)

150g cooked or tinned butter beans (120 calories)

150g cooked or tinned cannellini beans (130 calories)

150g cooked or tinned chickpeas (250 calories)

150g cooked or tinned kidney beans (120 calories)

150g cooked or tinned lentils (100 calories)

100g tempeh (185 calories)

150g plain tofu (220 calories)

# Dairy Products + Alternatives

## **MILK:**

300ml calcium-fortified almond milk (51 calories)

200ml coconut milk (45 calories)

200ml full-fat cows milk (135 calories)

## **YOGHURT:**

200g full fat plain high protein yoghurt (130 calories)

115g full-fat greek yoghurt (145 calories)

100g coconut yoghurt (208 calories)

## **CHEESE:**

40g bocconcini cheese (107 calories)

40g cheddar cheese (162 calories)

120g full fat cottage cheese (129 calories)

30g full fat cream cheese (105 calories)

50g feta cheese (125 calories)

50g soft goats cheese (165 calories)

50g halloumi cheese (127 calories)

40g mozzarella (125 calories)

40g parmesan cheese (115 calories)

80g full fat ricotta cheese (125 calories)







# Healthy Fats

## **NUTS & SEEDS:**

10 almonds (70 calories)

5 brazil nuts (122 calories)

10 cashew nuts (90 calories)

10 chestnuts (120 calories)

10g chia seeds (2 teaspoons) (48 calories)

10 hazelnuts (88 calories)

10 macadamia nuts (200 calories)

10 peanuts (60 calories)

10 pecans (100 calories)

2 tablespoons of pine nuts (100 calories)

10 pistachio nuts (40 calories)

1 ½ tablespoons of sesame seeds (55 calories)

1 ½ tablespoons of hemp seeds (50 calories)

14 walnut halves (185 calories)



# Healthy Fats

## **OIL:**

1 tablespoon of almond oil (120 calories)

1 tablespoon of avocado oil (130 calories)

1 tablespoon of coconut oil (120 calories)

1 tablespoon of olive oil (119 calories)

1 tablespoon of macadamia oil (120 calories)

1 tablespoon of sesame oil (130 calories)

## **NUT BUTTERS/SPREADS:**

1 tablespoon of almond butter (100 calories)

1 tablespoon of tahini (140 calories)

1 tablespoon of peanut butter (94 calories)

1 tablespoon of macadamia butter (110 calories)

## **OTHER:**

75g of avocado (130 calories)

# Uncooked to Cooked...

## UNCOOKED TO COOKED:

Here is a guide on raw/uncooked weights for protein and grains, most recipes and food guidelines weigh protein/grains raw. These measurements are good for you to know when it comes to serving sizes and portion control.

## PROTEIN:

Lean Red Meats (beef, lamb, venison, veal and pork)

UNCOOKED:	COOKED:
45g	35g
85g	65g
130g	100g
170g	130g
340g	260g

# Uncooked to Cooked...

## Poultry (Chicken breasts, chicken thighs)

UNCOOKED:	COOKED:
50g	40g
100g	80g
150g	120g
200g	160g
400g	320g

## Poultry (Turkey Breast)

UNCOOKED:	COOKED:
55g	45g
110g	90g
170g	135g
225g	180g
450g	360g

# Uncooked to Cooked...

## White Fish Fillet

UNCOOKED:	COOKED:
65g	50g
125g	100g
190g	150g
250g	200g
500g	400g

## Salmon Fillet

UNCOOKED:	COOKED:
45g	35g
85g	70g
125g	105g
170g	140g
340g	280g

# Uncooked to Cooked...

## Calamari, Octopus

UNCOOKED:	COOKED:
75g	60g
150g	120g
225g	180g
300g	240g
600g	480g

## Dried Beans

UNCOOKED:	COOKED:
35g	75g
70g	150g
105g	225g
140g	300g
280g	600g



# Uncooked to Cooked...

## GRAINS

### Quinoa

UNCOOKED:	WATER NEEDED:	COOKED:	NO. OF SERVES
30g	125ml	90g	1
60g	160ml	180g	2
90g	185ml	270g	3
120g	320ml	360g	4

### Brown Rice

UNCOOKED:	WATER NEEDED:	COOKED:	NO. OF SERVES
30g	125ml	90g	1
60g	200ml	180g	2
90g	250ml	270g	3
120g	300ml	360g	4

### Couscous

UNCOOKED:	WATER NEEDED:	COOKED:	NO. OF SERVES
35g	125ml	100g	1
60g	170ml	200g	2
90g	250ml	300g	3
135g	375ml	400g	4

# Uncooked to Cooked...

## Buckwheat Pasta

UNCOOKED:	WATER NEEDED:	COOKED:	NO. OF SERVES
40g	500ml	80g	1
60g	750ml	120g	1 ½
80g	1L	160g	2
120g	1.5L	240g	2 ½
160g	2L	320g	4

## Rice Vermicelli Noodles

UNCOOKED:	WATER NEEDED:	COOKED:	NO. OF SERVES
25g	250ml	50g	½
50g	500ml	100g	1
75g	750ml	150g	1 ½
100g	1L	200g	2
200g	2L	400g	4

# Make your food Tasty

**OH the myth of healthy food being tasteless and bland really is a myth!**

**I have listed some herbs and spices that you can use to make your food taste great! Herbs and spices are so healthy and full of nutrients, they are like adding supplements to your food! Make the most of them as season your food well. The calories are there for your reference, don't get too caught in tracking your herbs and spices however, but just so you know mostly every single thing you consume (including your supplements) has a calorie content.**

**There is so much you can do to add more flavour to your food for example:**

- Sea salt (0 calories per 1 teaspoon)
- Himalayan salt (0 calories per 1 teaspoon)
- Cracked pepper (6 calories per 1 teaspoon)
- Lemon pepper (1 calories per 1 teaspoon)
- Italian herbs (5 calories per 1 teaspoon)
- Mixed herbs (5 calories per 1 teaspoon)
- Chilli flakes (5 calories per 1 teaspoon)
- Turmeric (9 calories per 1 teaspoon)
- Cumin powder (8 calories per 1 teaspoon)
- Beef stock (31 calories per 1 cup)
- Chicken stock (25 calories per 1 cup)
- Fish stock (15 calories per 1 cup)

# Calories or kilojoules

If you are ever unsure of serving sizes on products, look on the back of the packet or container at the "per serving" number. It will say how many kilojoules are in the food per serve (here in New Zealand and Australia) instead of calories. In order to work that out, divide the kilojoules by 4.2 and it will give you the calories roughly.

See the example below:

Average serving size for the product (every product will be different)



## Nutritional Information

**Serving size**  
15 g (18 servings per pack)

divide by 4.2 to get calories per serve

total calories:  
85.25 calories  
per 15g

	Avg per Serving	Avg per 100g
Energy (kJ)	341	2270
Protein (g)	3.2	21.4
Fat, total (g)	6.6	44.1
- saturated (g)	1.8	12.1
Carbohydrate (g)	2.3	15.0
- sugars (g)	1.8	11.7
Dietary Fibre (g)	1.4	9.6
Sodium (mg)	22	144

# *A few notes:*

Remember we are all so different from one another so each and every individual will have different portion requirements and that all comes down to your recommended daily calorie intake based on your goals and current lifestyle.

Use this guide as a reference tool to help remind you of portions so when you feel as though you are going off track you can get yourself back up again by remembering the calorie content within a food.

Once you have your portions under control we recommend you eat intuitively, because lets face it we don't want to spend the rest of our life tracking calories and macros day in and day out forever and ever. Once you feel confident you can start to eye ball your portions and eat food without guilt or shame because you know that by eating 3 rice crackers it is within your maintenance range without having to worry about tracking it. This goes for chocolate and cookies too, you know that by having 1 or 2 its not going to be a big deal and can fit within your daily budget. WE WANT YOU TO EAT YOUR FOOD WITHOUT A SIDE OF GUILT OR SHAME!!!

*Nourish your body*







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