

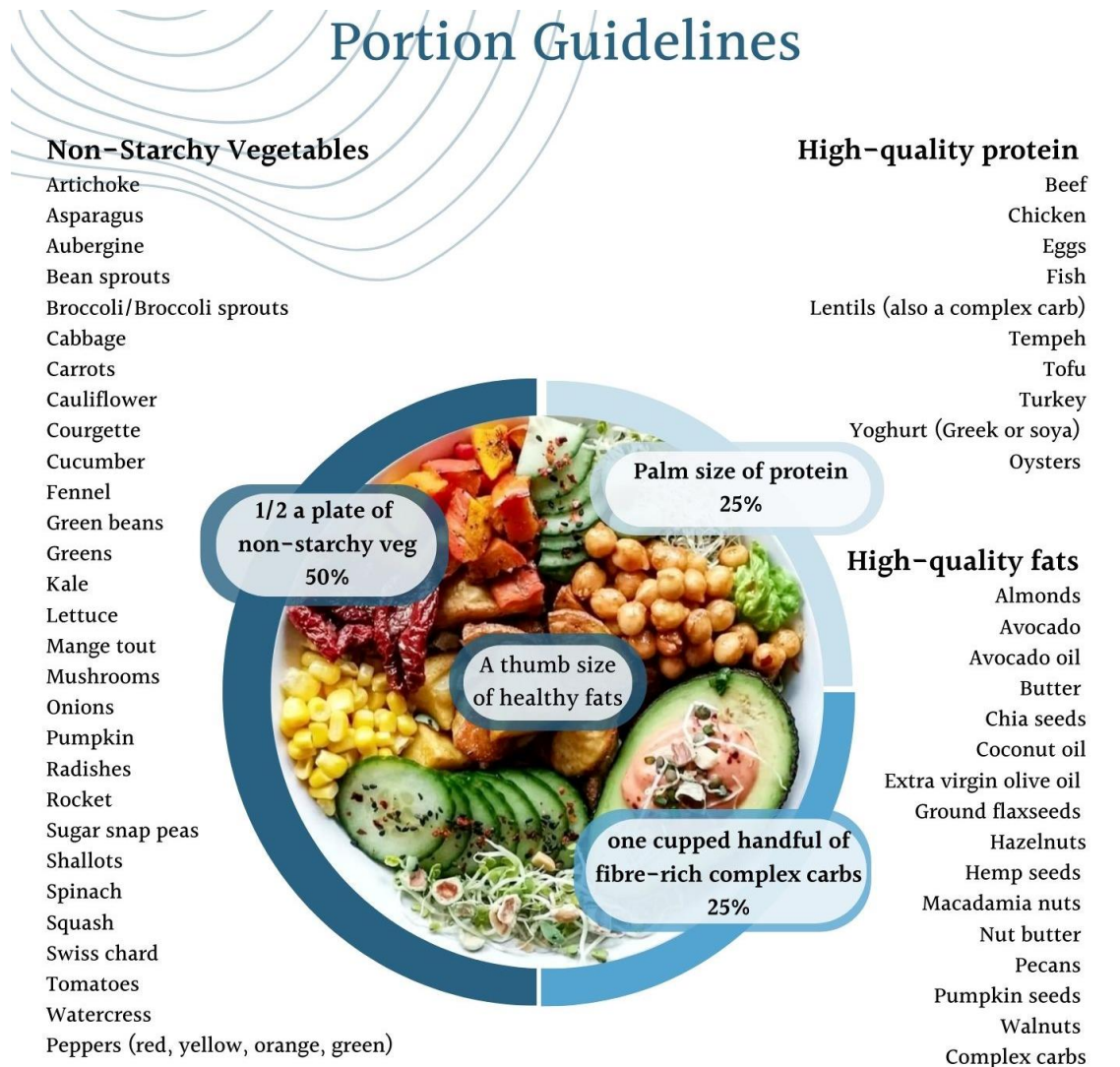
OYM NUTRITION

STEP 4 – PORTION GUIDELINES

It can feel overwhelming knowing what to put on our plate but having an optimal diet involves balancing all three macronutrients: carbs, protein and fats.

To keep it simple, carbohydrates as providing gut-healthy fibre, protein as keeping your muscles strong and to keep the chemical reactions in your body going and fats as allowing you to absorb vitamins and keep your cells healthy.

Please use the diagram as a guide to how to build your plate:



Complex Carbs

Starchy vegetables

Beetroot
Potatoes
Parsnips
Sweet potatoes
Squash

Fruit

Apples
Blackberries
Blueberries
Cherries
Kiwi
Nectarines
Oranges
Peaches
Pomegranate seeds
Raspberries
Strawberries

Grains

Edamame pasta
Rice
Quinoa
Oats

PORTION SIZE GUIDE

Here is another quick & easy way to know how to measure portion sizes:

- 1 palm sized portion of protein (approx. 100g)
- 1 cupped handful of complex carbs (approx. 40g)
- 1-2 fists of non-starchy veg (green leafy vegetables)
- Thumb size of healthy fats (approx. 1 tbsp)

Example:

1 x salmon fillet
1 x cup of basmati brown rice
1 fist full of tenderstem broccoli
1 fist full of bok choy
Drizzle of olive oil

A reminder of what foods are what:

Non-Starchy Vegetables

Artichoke	Lettuce
Asparagus	Mange tout
Aubergine	Mushrooms
Bean sprouts	Onions
Broccoli/Broccoli sprouts	Peppers (red, yellow, orange, green)
Cabbage	Pumpkin
Carrots	Radishes
Cauliflower	Rocket
Courgette	Sugar snap peas
Cucumber	Shallots
Fennel	Spinach
Green beans	Squash
Greens	Swiss chard
Kale	Tomatoes
	Watercress

High-quality protein

Beef	Tempeh
Chicken	Tofu
Eggs	Turkey
Fish	Yoghurt (Greek or soya)
Lentils (also a complex carb)	Oysters

High-quality fats

Almonds
Avocado
Avocado oil
Butter
Chia seeds
Coconut oil
Extra virgin olive oil
Ground flaxseeds
Hazelnuts

Hemp seeds
Macadamia nuts
Nut butter
Pecans
Pumpkin seeds
Walnuts
Complex carbs

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