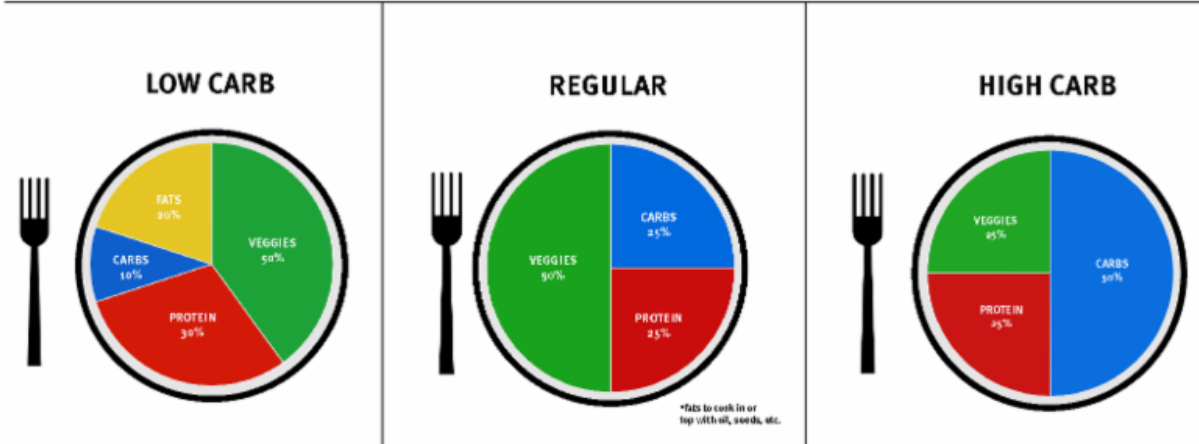




=ON THE FLY

# NUTRITION RECOMMENDATIONS PHASE 2



	MEASUREMENT	
	WOMEN	MEN
PROTEIN	1.5 palms	2.5 palms
VEGGIE	~2 fists	~4 fists
CARBS	1 small handful	1 small handful
FAT	2-4 thumbs	3-5 thumbs

	WOMEN	MEN
PROTEIN	1 palm	2 palms
VEGGIE	2 fists	4 fists
CARBS	1 fist	2 fist
FAT	1-2 thumbs	2-3 thumbs

	WOMEN	MEN
PROTEIN	1 palm	2 palms
VEGGIE	1 fists	2 fists
CARBS	2 fist	4 fist
FAT	1-2 thumbs	2-3 thumbs