

# Food – Palm Rule

A palm of food is the size of your palm in circumference and thickness. This palm does not include fingers. The larger the palm (and therefore the person) the more food you require.

## Meals:

- Each of your 3 meals should consist of 3 palms of food. ^
  - 1 palm of protein (meat, eggs)
  - 2 palms of carbohydrates (vegetables are best as they typically contain lower glycemic index foods that have less of an impact on your blood glucose levels)
- Salads: Lettuce in salads does not contribute to the palm rule. Other typical salad ingredients including tomatoes, onions, broccoli, olives, cheese, beans, vegetables and fruit should add up to 2 palms.
- The 3 palm rule still applies for mixed foods including beans and rice, lasagna, pasta and casseroles.
- More than 3 palms of any food combination at one time may be too much food and may cause elevated blood glucose & fat gain from that meal.**
- Alcohol usually contains carbs and 1 drink is considered to be a at least one palm. Therefore if you have a glass of wine you can only have 2 palms of pasta/meat/sauce.**

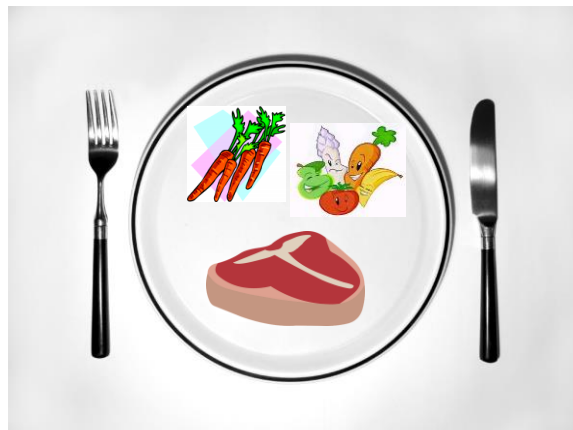
## Snacks:

- Each of your 3 snacks should consist of no more than 1 palm of food.^
- Examples include fruit, vegetables and nuts.

## Beverages:

- Sweet drinks (sodas, teas and juices) and alcohol beverages contain calories and are considered to be one or more of your palms of food. Artificially sweetened beverages should be avoided as they are toxic to the body, decrease brain chemicals and increase the risk of weight gain and diabetes.
- Beverages sweetened with stevia and unsweetened beverages and water are ok.

^ There are exceptions to this rule. Your Natural Wellness Specialist and Clinical Nutritionist are available by appointment to make customized recommendations.



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