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YOUR HANDY GUIDE
for measuring
PORTION SIZES



Palm

3 ounces

MEAT, FISH
POULTRY



Handful

1 ounce

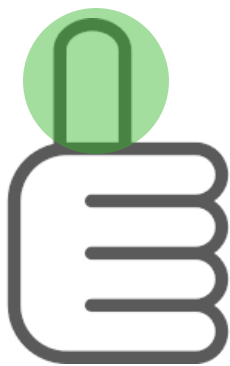
NUTS, DRIED FRUIT,
POPCORN, SNACKS



Fist

1 cup

FRUITS, VEGETABLES,
GRAINS, PASTA



Thumb

1 ounce or 2 Tablespoons

CHEESE, DRESSING
PEANUT BUTTER, SAUCE



Thumb Tip

1 teaspoon

OIL, BUTTER, MAYO
DRESSING, SAUCE