

Portion Sizes are in Your Hand

A fist or cupped hand = 1 cup



Palm = 3 oz of meat



1 Thumb = 1 oz cheese



1 Thumb Tip = 1 teaspoon



1 Cupped Palmful = 1-2 oz snack food

(a cupped handful is closer to 1 cup)



1 Tennis Ball = 1 piece of fruit