

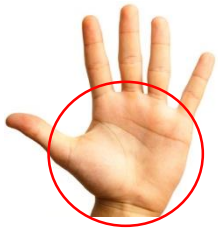
Get a Handle on Portion Sizes



FIST = 1 cup
Fruits & vegetable portions



HANDFUL = 1/2 cup
Carbohydrate & Vegetarian protein portions
Pasta, cereal, rice, quinoa, oatmeal, beans, lentils



PALM = 3-4 ounces
Protein portions
Meat, poultry, fish



THUMB = 1 ounce
Cheese



2 HANDFULS = 1 ounce
Chips, popcorn, pretzels



THUMB TIP = 1 teaspoon
Fat -- oils, peanut butter
(3 teaspoons = 1 tablespoon) 1 serving of peanut butter is 1 tablespoon or 3 "thumb tips"