

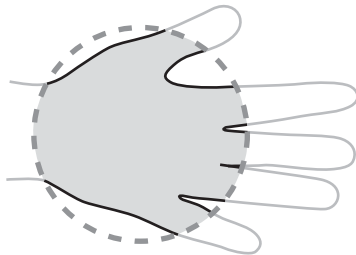
## PORTION SIZES

**Fist = 1 cup**



Example: two servings of pasta  
or oatmeal

**Palm = 3 oz.**



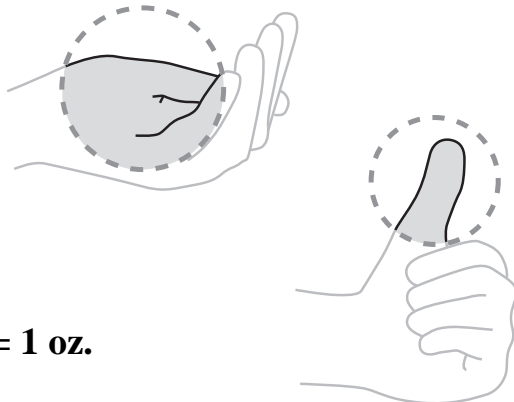
Example: a cooked serving of  
meat

**Thumb Tip = 1 teaspoon**



Example: a serving of  
mayonnaise or margarine

**Handful = 1 or 2 oz. snack food**



Example: 1 oz. nuts = 1 handful;  
2 oz. pretzels = 2 handfuls

**Thumb = 1 oz.**



Example: a piece of cheese