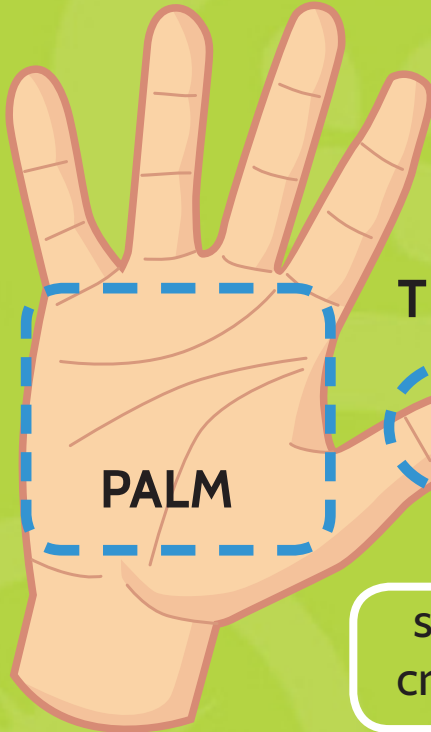




Portion Control Helping Hands



THUMB

PALM



Thumb =
1 tablespoon

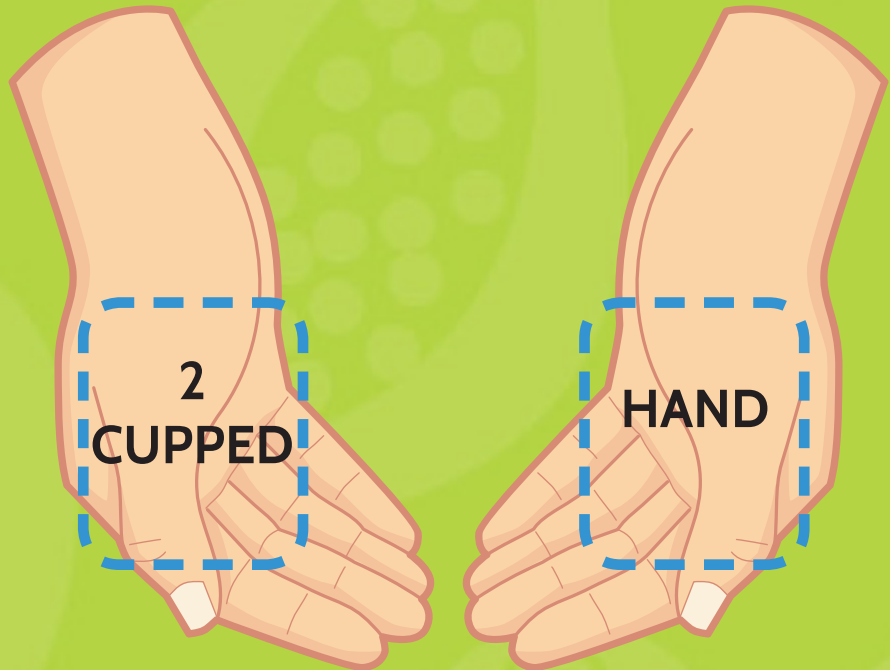
salad dressing, sour
cream, cream cheese

Palm = 3-4 ounces

meats, fish, poultry

Fist = 1 cup

pasta, rice,
fresh fruit, raw
vegetables



2

CUPPED

HAND

2 cupped hand = 1 ounce

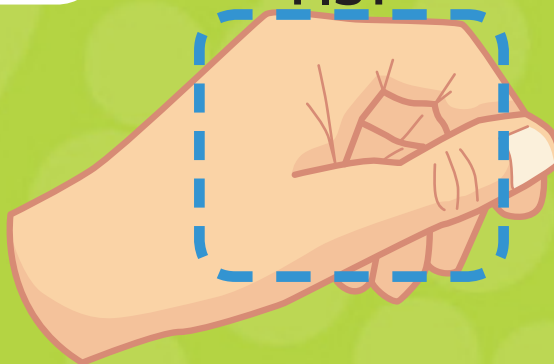
chips, crackers, pretzels



1 CUPPED
HAND

1 cupped hand = 1/2 cup

beans, potatoes,
cooked veggies,
ice cream, nuts, raisins



FIST

Use this handy guide to help you visualize approximately sized portions for meals & snacks

**hand sizes vary, so the comparison is just an estimation & rough guideline*

Tips
&
Tricks

Start reading food labels: 1 packet will often hold more than 1 serving.

Pre-portion: instead of eating from a large bag or tub, plate up the amount of servings that you would like to eat & put the rest away.

Stay hydrated: Our bodies often confuse thirst for hunger, so tackle that craving with a large glass of water.

