

## Portion Guide



**A fist or cupped hand = 1 cup**

Make a fist. That's about the size of a proper portion of cooked pasta, rice or sliced fruit. It's also a model size for cereal and whole fruits.



**A thumb = 1 ounce of cheese** Stick out your thumb. From tip to base is the correct size for one serving of cheese. Look at the part of your thumb from the tip to the first knuckle--- that's about one serving of peanut butter.



**Handful = 1-2 ounces of snack food**

Remember, 1 handful = 1 ounce of nuts and small candies. For chips and pretzels, 2 handfuls = 1 ounce



**Palm = 3 ounces of meat** Hold out your hand, palm up and fingers outstretched. One serving of protein such as fish, chicken or steak is about the size of your palm. Not your whole hand---just your palm.



**1 tennis ball = 1 serving of fruit**  
Healthy diets should include 2 servings of fruit each day.