

Portion Control:

A Handy Guide

An easy way to know when to say "when"



PALM
3 to 4 ounces
Lean meats & poultry



THUMB
1 to 2 tablespoons
Peanut butter / Hummus
Salad dressing /
Hard cheeses



FINGERTIP
1 teaspoon
Butter / Mayonnaise



CLOSED FIST
1 cup
Cooked vegetables
Whole fruit



SMALL HANDFUL
1 ounce
Nuts / Pretzels / Chips



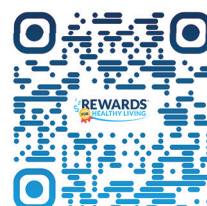
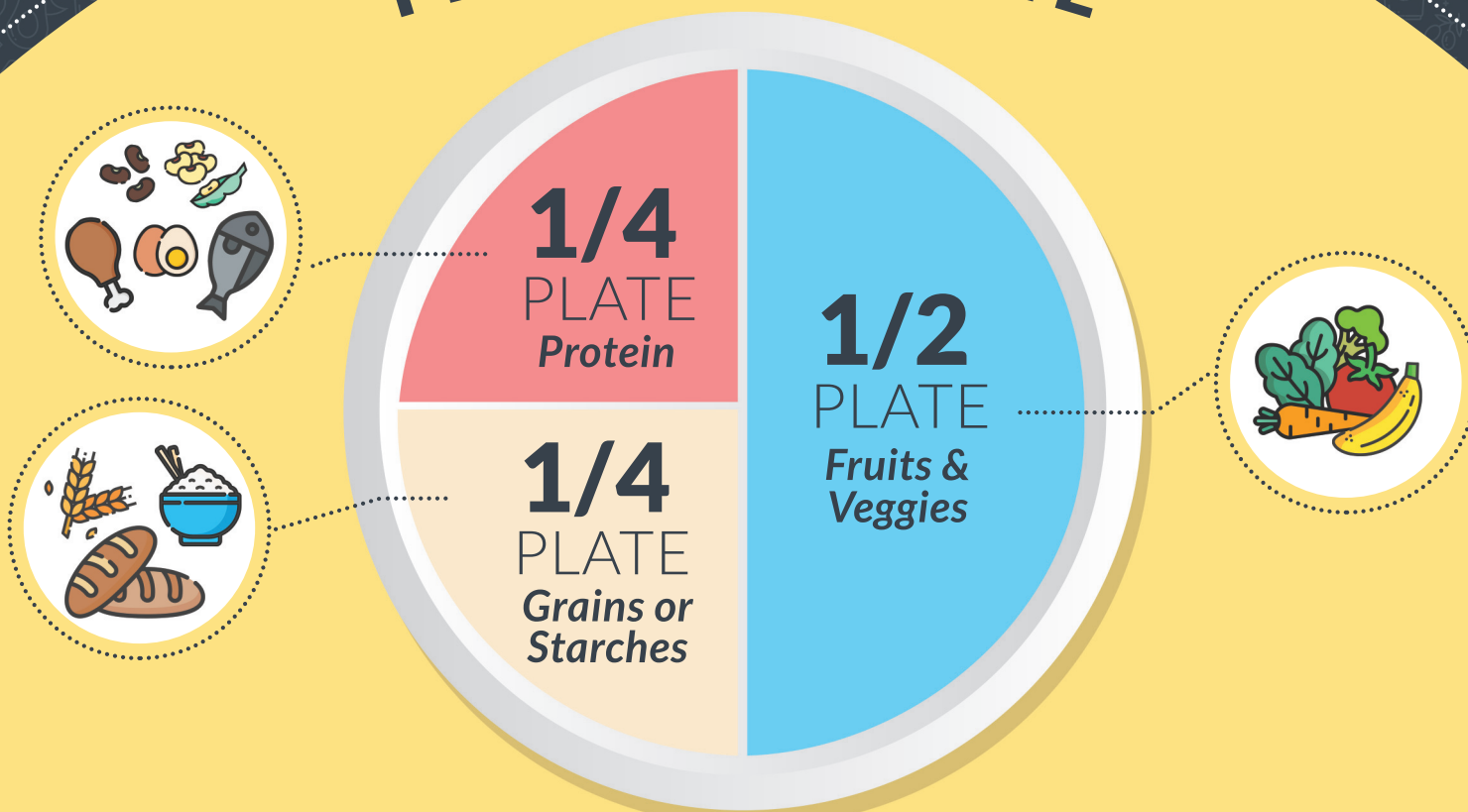
FIST BUMP
1/2 cup
Pasta / Ice cream



2 FISTS
2 cups
Raw, leafy vegetables



PLAN YOUR PLATE



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