

Helping Hands

Using measuring cups and spoons is not always doable, but you can measure healthy portion sizes by using your hands! Use this as a guide to help you choose the right amount of foods when eating. This will help you to be aware of what you eat at each meal and snack, and can help stop you from eating too much or too little.

Whole Thumb

1-2 tablespoons

- Salad dressing
- Sour cream
- Cream cheese
- Peanut butter
- Hard cheeses



1 Cupped Hand

1 ounce

- Nuts
- Seeds
- Dried fruit
- Trail mix



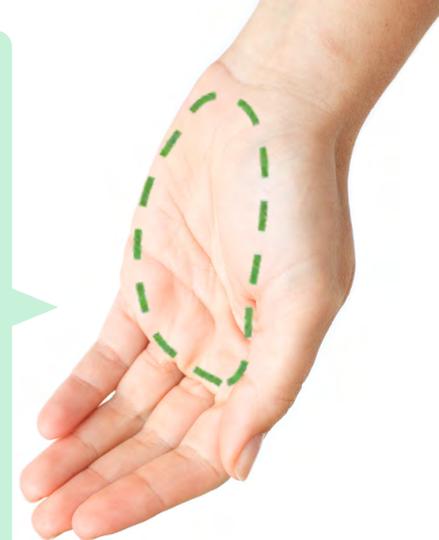
or

1/2 cup

- Cooked veggies
- Pasta
- Rice
- Beans
- Cereal



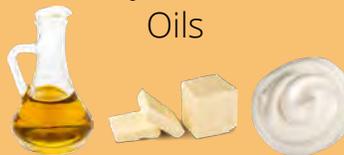
*Choose whole grains and foods with at least 3g of fiber.



Tip of Thumb

1 teaspoon

- Butter
- Margarine
- Mayonnaise
- Oils



Palm

3 ounces of meat for an **adult**
1 1/2 - 2 ounces of meat for a **child under 5**

*Choose lean poultry, fish, pork, and beef.



Fist

1 cup

- Raw or leafy veggies
- Cut or whole fruit
- Low-fat or nonfat yogurt

