

**Two cupped
hands ≈
1 ounce**



**Thumb nail ≈
1 teaspoon**

HELPING HANDS

**One
cupped
hand ≈
1/2 cup**

**Palm ≈
3-4 ounces**

Fist ≈ 1 cup

**Thumb ≈
1-2 tablespoons**

HELPING HANDS

Use this “handy” chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).



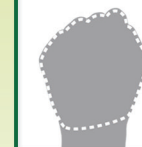
**Palm ≈
3-4 ounces**
(meat, fish, & poultry)



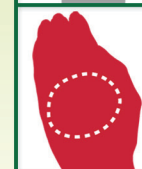
**Thumb nail ≈
1 Teaspoon**
(butter, margarine,
mayonnaise, & oils)



**Thumb ≈
1-2 Tablespoons**
(salad dressing, sour cream,
cream cheese, peanut
butter & hard cheeses)



Fist ≈ 1 cup
(cereal, soup, casseroles,
fresh fruit, raw vegetables
or salads)



**One cupped hand ≈
1/2 cup**
(pasta, rice, beans, potatoes,
cooked vegetables,
pudding, & ice cream)



**Two cupped
hands ≈
1 ounce**
(chips, crackers
& pretzels)

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