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)

- **Thumbnail** ≈ 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)

= indicates approximate size of serving