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 or poultry)
- **Thumbnail** ≈ 1 Teaspoon (butter, margarine, mayonnaise or oils)
- **Thumb** ≈ 1-2 Tablespoons (salad dressing, sour cream, cream cheese, peanut butter or 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 or ice cream)
- **Two cupped hands** ≈ 1 ounce (chips, crackers or pretzels)

*indicates approximate size of serving*