



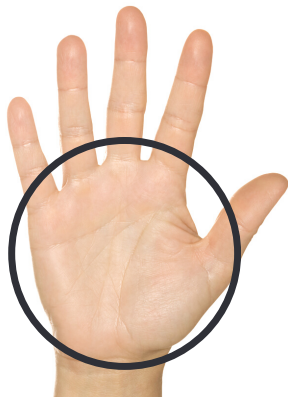
Portion Size Guide

WHAT DOES ONE SERVING
ACTUALLY LOOK LIKE?

PORTION SIZE GUIDE

Compare Your Palm

Calories are approximate and vary with brand.



Palm = 3 oz

- Chicken / Poultry (200 calories)
- Beef (215 calories)
- Fish (75 -175 calories)



Fist = 1 Cup

- Fruit (70-140)
- Raw Vegetables (30 -100 calories)
- Quinoa Cooked (220 calories)



Cupped Hand = 1 oz

- Nuts (170 calories)
- Dried Fruit (100 calories)
- Granola (120 calories)



Thumb = 2 Tablespoons

- Peanut Butter /Any Nut Butter (190 calories)
- Salad Dressing (60-150 calories)
- Hard Cheese (120 calories)
- Seeds (100-150 calories)



1/2 Fist = 1/2 Cup

- Rice Cooked(105 calories)
- Pasta Cooked(105 calories)
- Beans Cooked (120 calories)
- Cottage Cheese (110 calories)



Thumb tip = 1 tablespoon

- Mayonnaise (95 calories)
- Oil (120 calories)

PORTION SIZE GUIDE

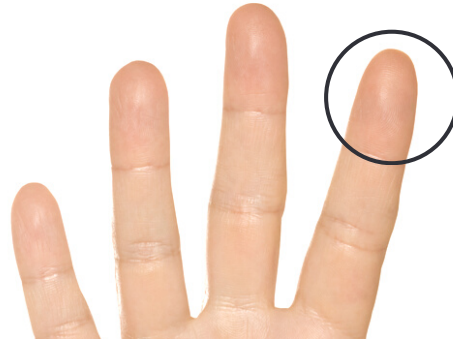
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Fist Without Thumb = $\frac{3}{4}$ Cup

- Cereal (100- 300 calories)
- Yogurt (100 - 240 calories)



Index Fingertip = 1 teaspoon

- Butter (approximately 35 calories)



Two Fist = 2 Cups

- Leafy greens (15 calories)