

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)

Try the leader in perfectly portioned meals created for healthy living.

Healthy Choice

≈ indicates approximate size of serving