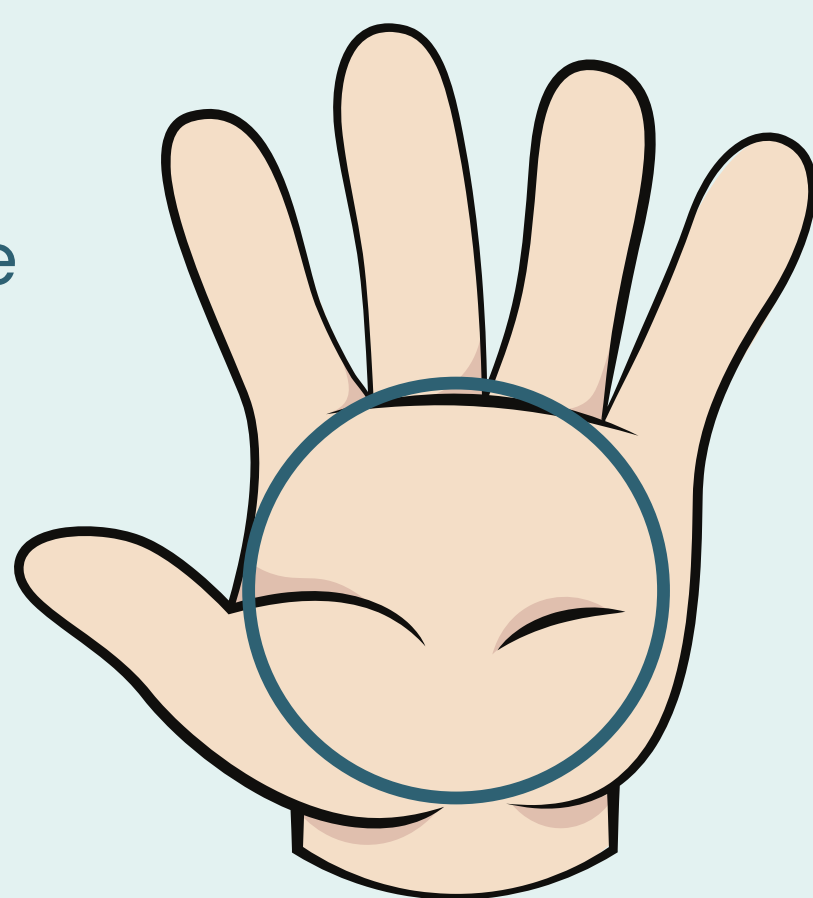


Estimate Portion Sizes Using Your Hand

This portion size guide can help you identify how much is on the plate without having to measure out your portions. For example, if what is on the plate looks as if it is double the size of a palm, then the serving size of 3 oz is doubled.

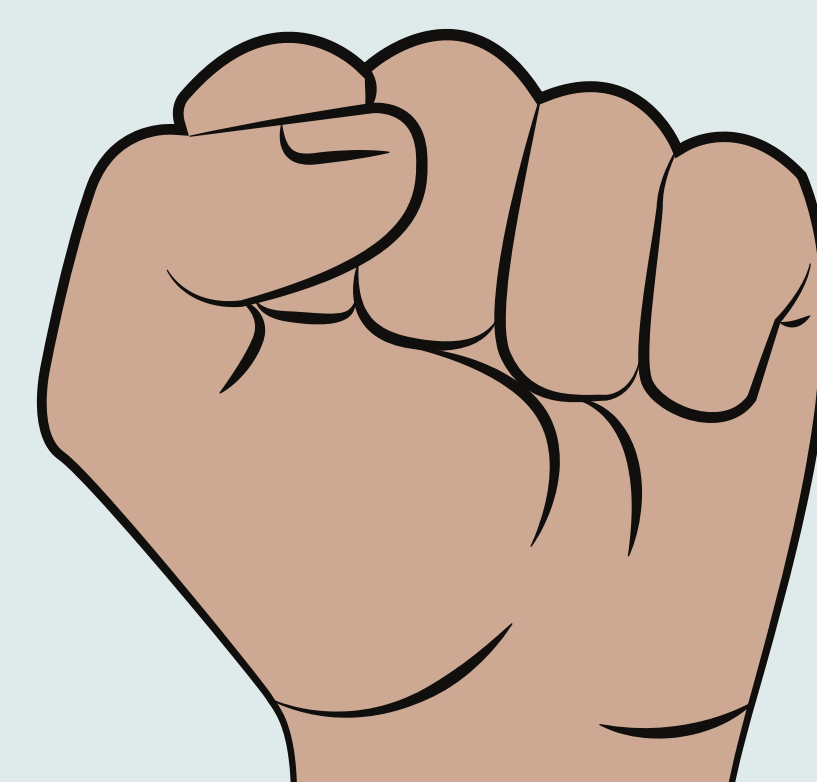
The Palm = 3 oz.

The palm of your hand can be used to estimate protein intake. 1 palm is equivalent to a 3 oz. serving of protein. Examples of what you could measure a 3 oz. serving include pork, poultry, beef, fish, and chicken.



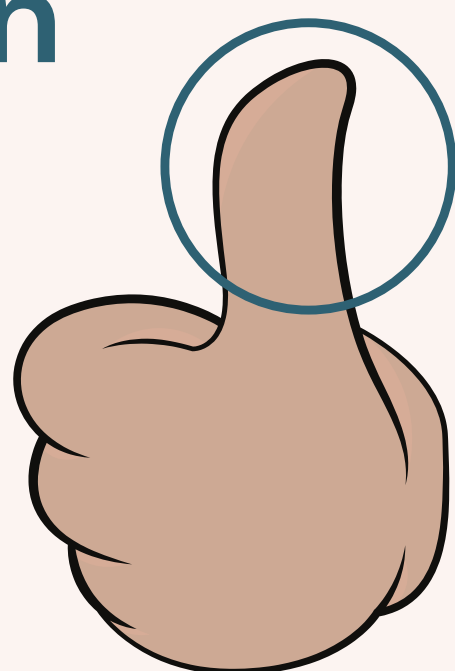
Fist = 1 cup

A fist is a great way of measuring carbohydrates. You can use this tool when measuring the intake of rice, cereals, salads, fruits, or popcorn.



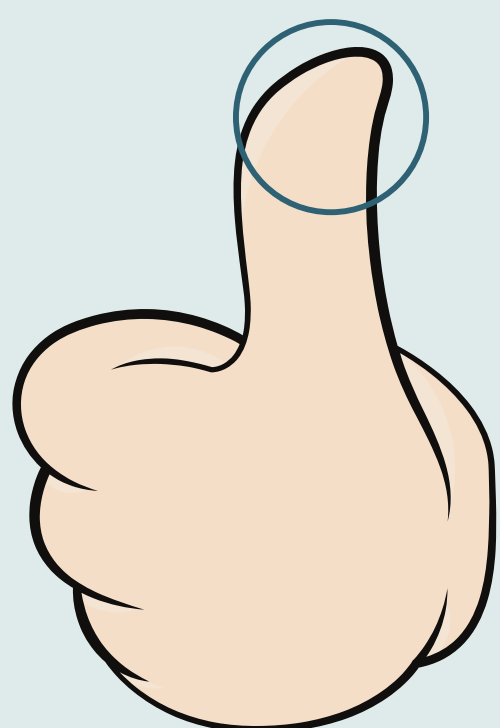
Tip of Thumb = 1 Tablespoon

The tip of a thumb is equivalent to a serving of 1 tablespoon. This tool is used when measuring fat intake such as mayonnaise, cheese, salad dressings, creams, and peanut butter.



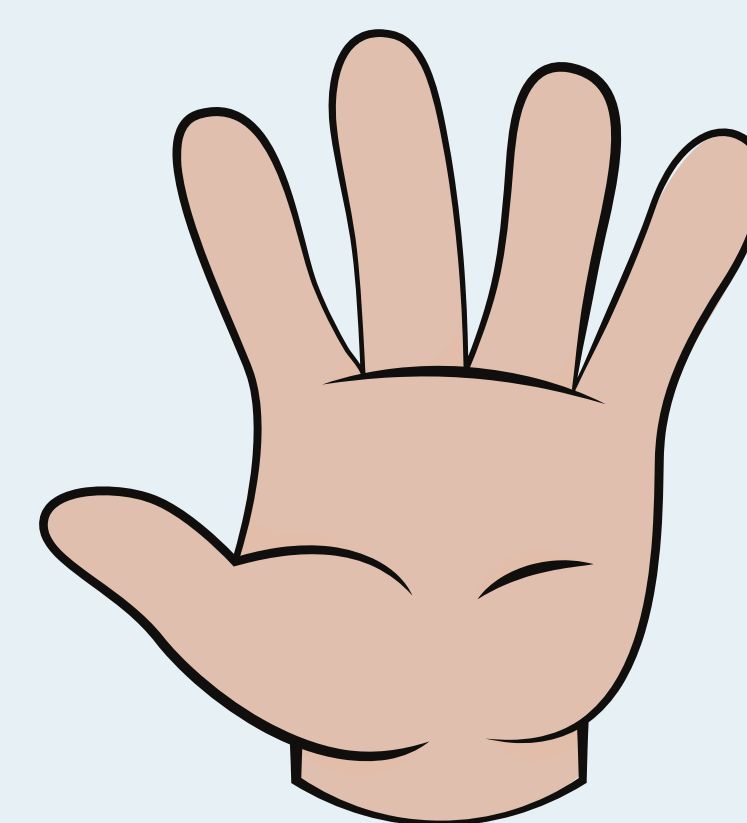
The Thumb Nail – 1 Teaspoon

The nail of the thumb is about 1 teaspoon serving of oils or fats. This can be used to measure salad dressings, olive oil, or butter.



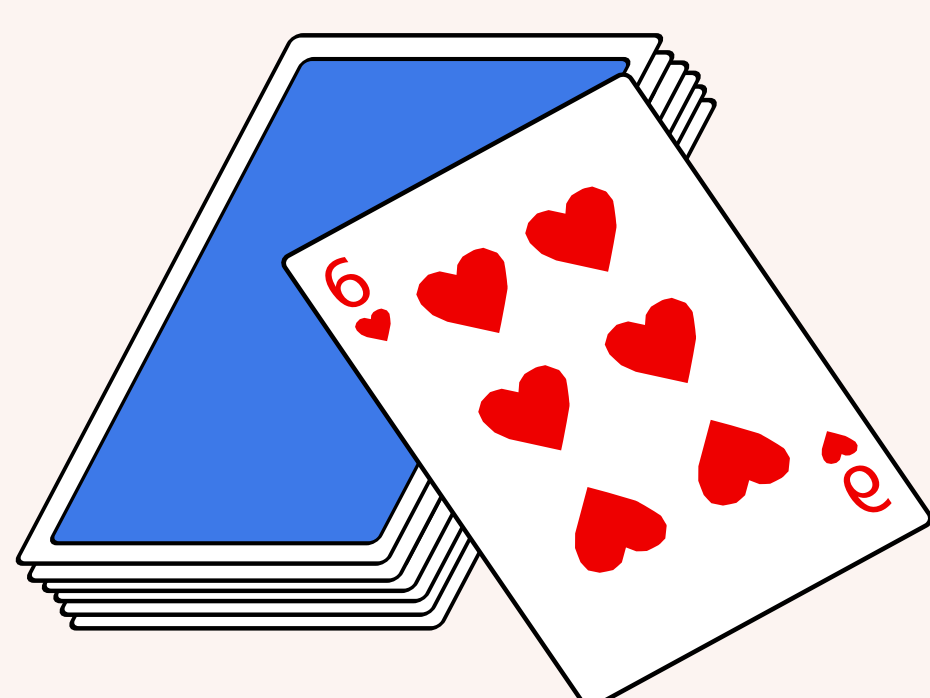
A Cupped Hand = 1/2 cup

1 hand cupped is equivalent to a 1/2 cup serving. You can use this tool for measuring food items such as pastas, potatoes, nuts, and even ice cream.



Other At Home Ways of Measuring:

There are many other resources you can use to measure aside from your hand or an actual measuring cup.



A deck of cards = 3 oz serving of protein



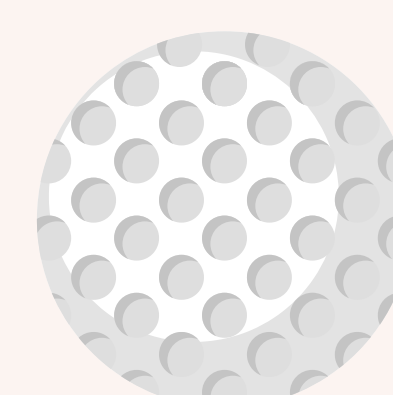
A softball = 2 cups



A baseball = 1 cup



A tennis ball = 1/2 cup



A golf ball = 2 tablespoons