

# A HANDY GUIDE TO SERVING SIZES



## FINGERTIP

### 1 TEASPOON

Butter, margarine, mayonnaise, oils



## THUMB

### 1-2 TABLESPOONS

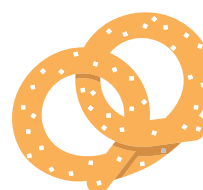
Peanut butter, hard cheese, salad dressing, sour cream, cream cheese



## 1 HANDFUL

### 1-2 OUNCES

Nuts, pretzels, crackers



## PALM

### 3-4 OUNCES

Meat, fish, poultry, pasta, potatoes, cooked vegetables



## FIST

### 1 CUP

Fresh fruit, raw vegetables, salads, cereal, soup



TO LEARN MORE ABOUT HEALTHY EATING HABITS, TALK TO YOUR PRIMARY CARE PROVIDER.

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#### Sources:

Healthy Choice infographic via <http://melissafitnessclub.wordpress.com/2013/01/25/7-tips-for-portion-control/>