

Hand Portion Guide

Need a hand with portion control? Your hand is a great tool to estimate portion sizes on the go!

Front of your fist is about
1/2 a cup



Cooked
Vegetables



Diced
Fruits



Cooked
Pasta

Palm is 3 - 4oz



Salty
Snacks

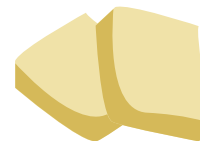


Lean
Proteins



Whole
Grains

About 1 teaspoon



Oil, Butter,
or Margarine



Daily Salt Intake

About 2 tablespoons



Condiments &
Dressings



Nut Butters

About 1 cup



Leafy Greens



Soup



Raw Vegetables

