

give your **PORTION SIZES** a helping hand

A clenched fist
= 1 cup,
a serving of fruit



Cupped hands
= 1 cup,
a serving of fruits or
vegetables



A fingertip =
1 teaspoon,
a serving of butter
or sugar



A thumb =
2 tablespoons,
a serving of
peanut butter



The front of a
closed fist = 1/2 cup,
a serving of nuts



A ring finger
= 2 ounces,
a serving of cheese



A palm = 3-4 ounces,
a serving of meat



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