



Portion control in the palm of your hand

Use the palm of your hand to estimate one serving of various foods.

HAND SYMBOL	EQUIVALENT	FOODS
	An OPEN PALM 3 ounces or 1 serving	<ul style="list-style-type: none"> Meat, Chicken, Turkey or Fish 
	A CUPPED PALM 1 ounce or 1 serving	<ul style="list-style-type: none"> Trail Mix Cheese (1 slice) 
	The TIP OF A THUMB 1 tablespoon or 1 serving	<ul style="list-style-type: none"> Salad dressing Cream cheese 
	A CLOSED FIST 1 cup or 1 serving	<ul style="list-style-type: none"> Casseroles or stews, such as chili with beans Cooked vegetables Salads Milk 
	A HALF FIST ½ cup or 1 serving	<ul style="list-style-type: none"> Starchy vegetables, such as potatoes or corn Pinto beans and other dried beans Fruit or fruit juice Rice or noodles Cereal 
	The TIP OF A FINGER 1 teaspoon or 1 serving	<ul style="list-style-type: none"> Margarine or butter Mayonnaise Oil 