

## Getting a Handle on Portions



### Thumb

1 oz of cheese



### Thumb Tip

1 Tablespoon Peanut Butter



### Finger Tip

1 teaspoon butter



### Index finger + middle finger

1 ½ oz cheese



### Palm

3 oz cooked meat, fish, chicken  
1 ½ pieces of cornbread



### Fist

1 cup cooked pasta, rice, or cereal  
1 cup cooked beans, peas, lentils  
1 cup yogurt, pudding, custard  
1 cup salad, 1 baked potato, medium size fruit



### Cupped Handful

1 oz nuts

### 2 Cupped Handfuls

1 oz chips or pretzels



### Outstretched Hand

2 cups of cooked pasta, rice, cereal

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