

# Helping Hands

One cupped hand = 1/2 cup

pasta  
rice  
beans  
potatoes  
cooked vegetables

oils  
butter  
margarine  
mayonnaise

meat  
fish  
poultry

Thumbnail =  
1 teaspoon

peanut  
butter  
sour cream  
salad dressing  
cream cheese  
hard cheeses

Thumb =  
1-2 teaspoons

Palm = 3-4 ounces

soup  
salads  
cereal  
fresh fruit  
raw vegetables

Fist = 1 cup