

Getting a Handle on Portion Sizes

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

soup
salads
cereal
fresh fruit
raw vegetables

Palm = 3-4 ounces

Fist = 1 cup