

Handy Guide to Portion Sizes



3 ounces (woman's palm)

1 serving of meat (beef, chicken, turkey or fish)



1 cup (woman's fist)

1 serving of cooked vegetables, salads, casseroles, stew, soup and milk



1/2 cup (half of a fist)

1 serving of fruit, fruit juice, starchy vegetables (corn, potatoes, peas), dried beans, pasta, rice and cereal



1 ounce (handful)

1 serving of snack food (crackers, chips)
1 slice cheese



1 tablespoon (thumb tip)

1 serving of salad dressing or cream cheese



1 teaspoon (fingertip)

1 serving of margarine or butter, oil or mayonnaise

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