

HANDY PORTION GUIDE

Most people know that portion control is critical to a healthy diet, but keeping track of specific measurements for different types of food can be challenging. Luckily, you have a built-in measuring cup that can show you all the right sizes.

Keep this guide handy (pun intended) in order to easily keep track of the amounts you should eat per serving without the added stress of calorie counting.



Thumb tip = 1 teaspoon

Fats and oils such as cooking oil, mayonnaise, and butter.
*2-3 servings recommended per day.**

Thumb = 1 ounce

Peanut butter and cheese
*2-3 servings recommended per day.**

Fist = 1 cup

Rice, pasta, fruit, and vegetables
*4-5 servings recommended per day.**



Palm = 3 ounces

Meat, fish, and poultry
*1-2 servings recommended per day.**

Handful = 1 ounce

Nuts and raisins
*4-5 servings recommended per week.**

**based on a 2,000 calorie diet*