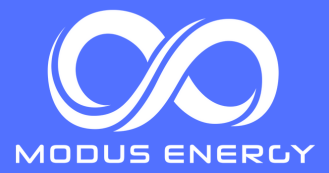


HANDY GUIDE TO FOOD PORTIONS



FIST

Examples: rice, potatoes, pasta, yogurt, cooked vegetables



1/2 CUP



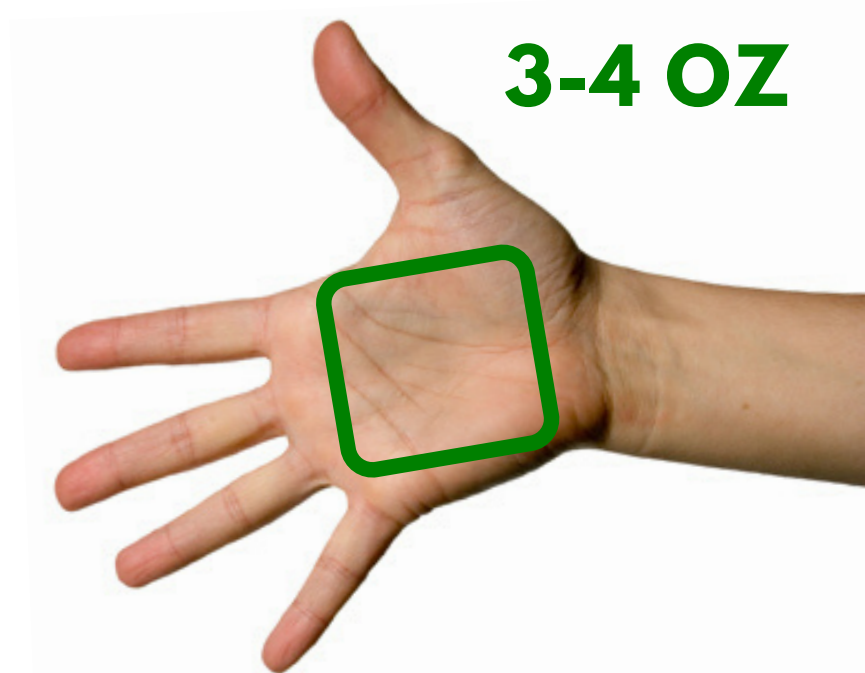
1 CUP

PALM

Cupped: nuts, seeds, and dried fruits
Open: meats, poultry, fish.



1-2 OZ



3-4 OZ

FINGERTIPS



1 TSP

Oil, butter, salad dressing, mayo



1 TBSP

Nut butter, ketchup, jams and jellies