




Nutrition fact sheet

PORTION SIZES

HAND REMINDER	VISUAL REMINDER	FOOD
Small Fist 		1 cup of cooked rice, pasta, other grains 1 medium potato 1 medium fruit, 12 baby carrots 1 cup of yogurt
Medium Size Palm 		3 ounces of meat, fish, poultry, tofu 1 slice of cake
Small Handful 		2 tablespoons of peanut butter 2 tablespoons of hummus 1/4 cup of dried fruit 1/4 cup of nuts
Thumb Tip 		1 teaspoon of oil, butter, salad dressing, mayonnaise
Length of Thumb 		1 ounce of cheese
		1 ounce of lunch meat 1 waffle 1 pancake
		2 oz of dry spaghetti, fettucine, etc. that makes 1 cup of cooked pasta