

MHealthy Nutrition: PORTION SIZES



HAND REMINDER	VISUAL REMINDER	FOOD
<p>Small Fist</p>		<ul style="list-style-type: none"> • 1 cup of cooked rice, pasta, other grains • 1 medium potato • 1 medium fruit, 12 baby carrots • 1 cup of yogurt
<p>Medium Size Palm</p>		<ul style="list-style-type: none"> • 3 ounces of meat, fish, poultry, tofu • 1 slice of cake
<p>Small Handful</p>		<ul style="list-style-type: none"> • 2 tablespoons of peanut butter • 2 tablespoons of hummus • ¼ cup of dried fruit • ¼ cup of nuts
<p>Thumb Tip</p>		<ul style="list-style-type: none"> • 1 teaspoon of oil, butter, salad dressing, mayonnaise
<p>Length of Thumb</p>		<ul style="list-style-type: none"> • 1 ounce of cheese
		<ul style="list-style-type: none"> • 1 ounce of lunch meat • 1 waffle • 1 pancake
		<ul style="list-style-type: none"> • 2 oz of dry spaghetti, fettucine, etc. that makes 1 cup of cooked pasta