HOW MUCH FOOD SHOULD I BE EATING?

EASY PORTION CONTROL METHODS

1 Cup
ONE FIST OR ONE BASEBALL
Use your fist or baseball to measure your grains, cereal, soups, fruit, and vegetables per meal. If you already ate your one fistful of grains try grabbing another fistful of vegetables!

3 Ounces
PALM OF HAND OR DECK OF CARDS
Use the palm of your hand or deck of cards to measure your lean protein for each meal. Lean protein includes: poultry, fish, lean beef cuts, tofu/tempeh, and beans/lentils.

1 Tablespoon
THUMB TIP
Use the tip of your thumb whenever you want 1 tablespoon of food. For example, use the tip of your thumb to measure mayonnaise, butter, and oil.

1 Ounce/2 Tablespoons
THUMB
Use your entire thumb when you need 2 tablespoons of food. Example: peanut butter, sour cream, cream cheese, salad dressing.

1-2 Ounces
HANDFUL
Use 1 handful to measure nuts/seeds, crackers, pretzels, and raisins. A handful of nuts with a piece of fruit (1 fistful) is a great snack option!

REMEMBER TO BE MINDFUL OF YOUR HUNGER-FULLNESS CUES.