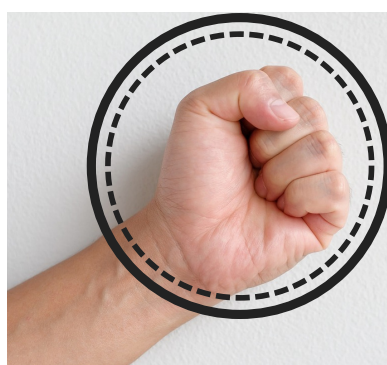


HOW MUCH FOOD SHOULD I BE
EATING?

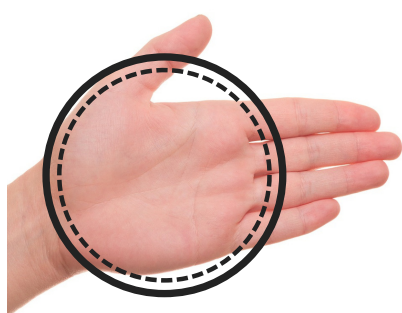
EASY PORTION CONTROL METHODS



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

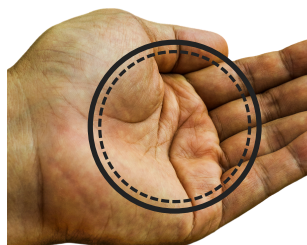
Use the tip of your thumb whenever you want 1 tablespoon of food. For example, use the tip of your thumb to measure mayonnaise, butter, and oil.



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.

