PORTION CONTROL CAN BE TRICKY – IT’S NOT EASY TO VISUALIZE 3 OUNCES OR 2 TABLESPOONS. LUCKILY, YOUR HAND IS A GREAT TOOL TO MEASURE YOUR FOOD!

FINGERTIP
1 TEASPOON
Butter, margarine, mayonnaise, oils

THUMB
1-2 TABLESPOONS
Peanut butter, hard cheese, salad dressing, sour cream, cream cheese

1 HANDFUL
1-2 OUNCES
Nuts, pretzels, crackers

PALM
3-4 OUNCES
Meat, fish, poultry, pasta, potatoes, cooked vegetables

FIST
1 CUP
Fresh fruit, raw vegetables, salads, cereal, soup

TO LEARN MORE ABOUT HEALTHY EATING HABITS, TALK TO YOUR PRIMARY CARE PROVIDER.