

What's a Portion Size?



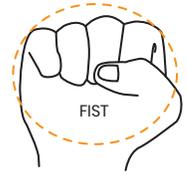
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1/2 cup raw or cooked vegetables = 1 handful



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1 cup milk = 1 fist



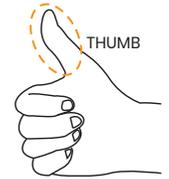
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Whole grain crackers = 1 palm



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1.5 oz. cheese = thumb



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3 oz. grilled chicken = 1 palm



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1/2 cup fresh fruit = 1 handful



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3 oz. grilled or broiled fish = 1 palm



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2 tablespoons peanut butter = thumb



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1/2 cup whole wheat pasta = 1 handful



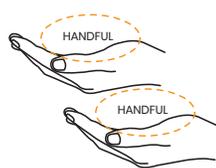
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1 teaspoon butter = tip of thumb



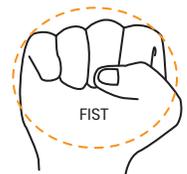
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1 cup leafy vegetables = 2 handfuls



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1 cup whole grain cereal = 1 fist