

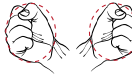












HAND GUIDE TO PORTION CONTROL

Size is based on a females hand versus a male hand

What Counts as 1 Portion	Symbol	Comparison
Fruit		
1 medium sized fresh fruit 1 cup fresh or canned fruit		1 fist
1/4 cup dried fruit (i.e., raisins)		1 small handful
Vegetables		
2 cups of green salad		2 fist
1 cup of cooked or raw veggies		1 fist
Grains		
1 cup dry cereal		1 fist
1/2 cup cooked cereal, rice or pasta		1 handful
Proteins		
3 oz. cooked chicken, beef, fish		palm (woman's)
1 Tbsp. of nut butter		1 thumb
1/4 cup cooked beans		1 small handful
Dairy		
1 1/2 oz. hard cheese		1 thumb
1 cup of milk, yogurt		1 fist
Oil, Margarine, Butter, Dressing		
1 tsp. butter, margarine		1 tip of thumb
1 Tbsp. of dressing		1 thumb

- 1) MEASURE food/beverage portions (use a food scale, cups, or measuring spoons).
- 2) READ the nutrition facts label and note the serving size and number of servings per package.

COMMON HOUSEHOLD ITEMS TO HELP YOU WITH PORTION CONTROL

Consider the following visual aids to help you estimate the quantity of food you ate (*or will eat*). Also listed are foods often served in these quantities.

1 tsp

Butter, olive oil, sugar



1.5 Ounce

Deli meat, nuts, cheese, diced meat

2 Tbsp

Peanut butter, salad dressing



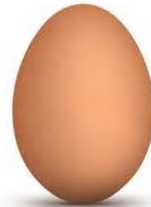
1/2 Cup

Cooked beans, cooked veggies, applesauce, gravy, ice cream



1/4 Cup

Dried fruit, trail mix



3 Ounces

Beef, poultry, fish muffin, bagel

Note: consider size and thickness



1 Cup

Diced fruit, raw veggies, pasta, rice, yogurt, grits, dry cereal, oatmeal, grits, baked potato

