

Portion Control Shortcuts



Thumb Tip
(1 tsp.)

Thumb Tip = 1 tsp =
1 serving fat/oil



Thumb
(1 ounce)

Thumb = 1 oz =
2 servings sugar



Palm
(3 ounces)

Palm = 3 oz =
1 serving lean
meat, fish, poultry



Thumb
(1 ounce)

Thumb = 1 oz =
1 serving cheese



Handful
(1-2 ounces)

Handful =
1-2 oz =
1-2 serving nuts
2-3 servings seeds



Fist
(1 cup)

Fist = 1 cup =
1 serving milk/yogurt
2 servings cooked beans



Fist
(1 cup)

Fist = 1 cup =
1 serving raw leafy veggies, 2 servings cooked veggies
1 serving whole fruit, 2 servings cut/canned fruit



Fist
(1 cup)

Fist = 1 cup =
1 serving dry cereal
2 servings cooked grains