













Portion Sizes

How do I monitor my portion sizes?

Hand Reminder	Visual Reminder	Food
Small Fist 		<ul style="list-style-type: none"> • 1 cup of cooked rice, pasta, other grains • 1 medium potato • 1 medium fruit, 12 baby carrots • 1 cup of yogurt
Medium Size Palm 		<ul style="list-style-type: none"> • 3 ounces of meat, fish, poultry, tofu • 1 slice of cake
Small Handful 		<ul style="list-style-type: none"> • 2 tablespoons of peanut butter • 2 tablespoons of hummus • 1/4 cup of dried fruit • 1/4 cup of nuts
Thumb Tip 		<ul style="list-style-type: none"> • 1 teaspoon of oil, butter, salad dressing, mayonnaise
Length of Thumb 		<ul style="list-style-type: none"> • 1 ounce of cheese
		<ul style="list-style-type: none"> • 1 ounce of lunch meat • 1 waffle • 1 pancake

		<ul style="list-style-type: none">• 2 oz. of dry spaghetti, fettuccine, etc. that makes 1 cup of cooked pasta
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Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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