

A HELPING
HAND
FOR
PORTION
CONTROL

FIST



one cup

One serving of raw
fruits or vegetables

CUPPED
HAND



half cup

One serving of pasta or
cooked vegetables

PALM



three ounces

One serving of meat,
poultry and fish

THUMB



one tablespoon

One serving of butter
or a spread

ALWAYS READ
THE FOOD
LABEL

TO

CHECK THE
PORTION SIZE