

The secret to serving size is in your hand.



A fist or cupped hand = 1 cup

- 1 cup = 1½-2 servings of fruit juice
- 1 oz. of cold cereal
- 2 oz. of cooked cereal, rice or pasta
- 8 oz. of milk or yogurt

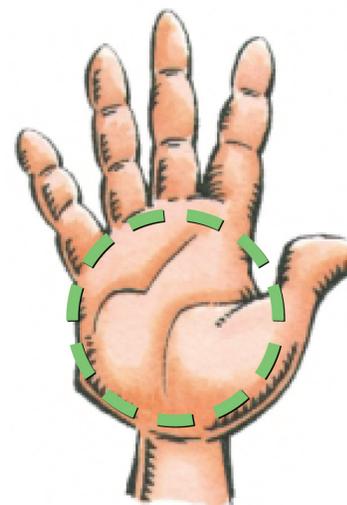
A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



Handful = 1-2 oz. of snack food

Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.

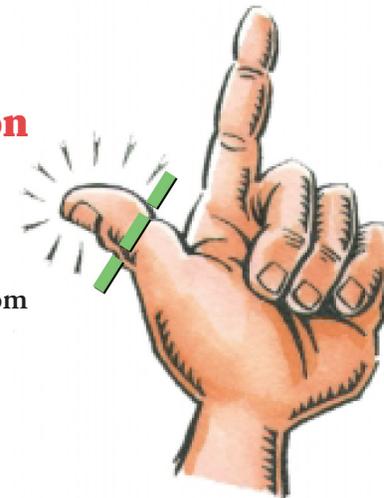


Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = ½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

