

# give your **PORTION SIZES** a helping hand

A clenched fist  
= 1 cup,  
a serving of fruit



Cupped hands  
= 1 cup,  
a serving of fruits or  
vegetables



A fingertip =  
1 teaspoon,  
a serving of butter  
or sugar



A thumb =  
2 tablespoons,  
a serving of  
peanut butter



The front of a  
closed fist = 1/2 cup,  
a serving of nuts



A ring finger  
= 2 ounces,  
a serving of cheese



A palm = 3-4 ounces,  
a serving of meat



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