



Handy Hacks for Happy Portions



Who needs a food scale when you've got built-in measuring tools? Your hands are the perfect guide to smart portions—for kids and grown-ups alike.



Thumb = 1 oz. of cheese

A little goes a long way! Low-fat cheese helps meet daily dairy needs (milk, yogurt, cheese).

- 1 1/2-2 oz. of cheese = 1 serving
- Kids need 2-3 servings per day.



Tennis ball = 1 serving of fruit

Fruits are essential every day—about 2-4 servings.



Palm = 3 oz. of meat

Your palm = 1 serving (about 3 oz.) of lean protein like chicken, fish, or beef.

Daily goal: about 2 servings (6 oz.).



Handful = 1-2 oz. of snack food

Snacks can sneak up on you!

- 1 handful = 1 oz. of nuts or small candies
- 2 handfuls = 1 oz. of chips or pretzels



Fist or cupped hand = 1 cup

1 serving =

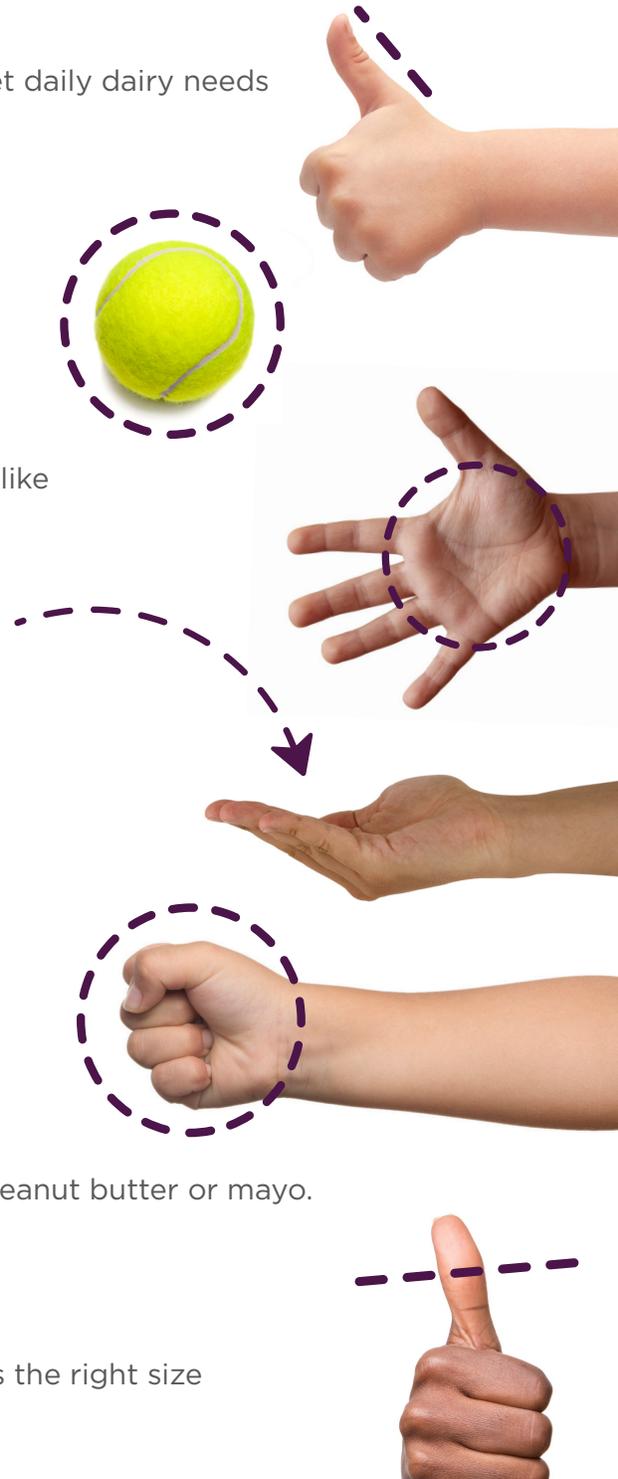
- 1/2 cup cereal, cooked pasta, or rice
- 1 cup raw leafy greens
- 1/2 cup cooked or chopped veggies or fruit



Thumb tip = 1 teaspoon

Perfect for measuring spreads and dressings like peanut butter or mayo.

- Thumb tip = 1 tsp
- 3 thumb tips = 1 Tbsp



Serving size hack: Your hands grow with you, so they're always the right size guide for your portions.