

## Portion Sizes and School-Age Children

# Serving Sizes Are in Your Hand

### A fist or cupped hand = 1 cup



1 serving =  $\frac{1}{2}$  cup cereal, cooked pasta or rice  
**or** 1 cup of raw, leafy green vegetables  
**or**  $\frac{1}{2}$  cup of cooked or raw, chopped vegetables or fruit

### A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group.  
1  $\frac{1}{2}$  - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.

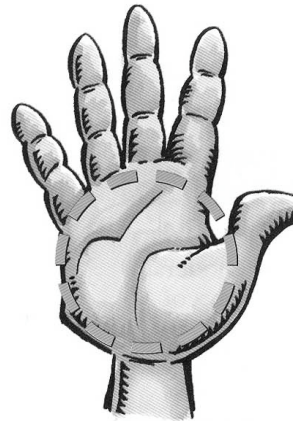


### Handful = 1-2 oz. of snack food



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

*Because hand sizes vary, compare your fist size to an actual measuring cup.*



### Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

### Thumb tip = 1 teaspoon

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



### 1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.