

TIP SHEET

Handy Advice About Portion Sizes

Are you confused about portion sizes? Our Diet module offers a useful video about how to measure portions. Here are some other easy-to-use, “handy” ways to gauge portion sizes, using the average adult-sized hand:

Fist = 1 cup

Make a fist or think of a baseball to eat a serving of vegetables, fruits, or grains



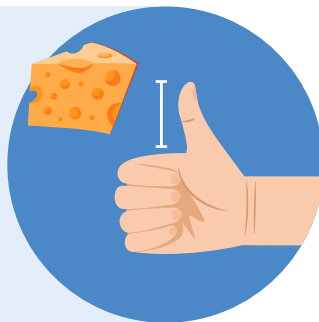
Handful = 1/2 cup

Cup your hand to find a single serving of nuts (about 1-2 oz)



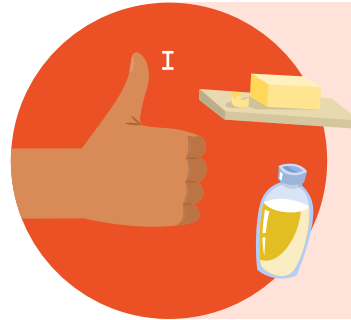
Thumb = 1 oz

Your whole thumb is about the right size for a serving of cheese



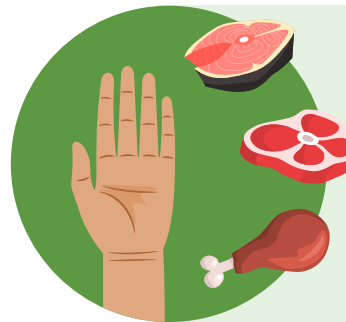
Thumb tip = 1 tsp

Your thumb tip (or a dice) is the right size for a serving of butter, oil, peanut butter or salad dressing



Palm = 3 oz

Look at your flat palm (or a deck of cards) for a serving of fish, chicken, or meat (larger palms 4-5 oz)



Learn more at anticancerlifestyle.org