

PORTION CONTROL

HELPING HANDS

A GUIDE TO HELP YOU VISUALIZE APPROXIMATELY SIZED PORTIONS FOR MEALS AND SNACKS.



FINGERTIP

FATS SERVING ~1 TEASPOON
OILS, BUTTER OR MAYONNAISE



THUMB

DAIRY SERVING
ABOUT 2 TABLESPOONS
SERVING SIZE OF CHEESE
OR PEANUT BUTTER



CUPPED HAND

SNACKS SERVING
ABOUT 1/2 CUP (50-80G)
PERFECT PORTION OF NUTS
OR DRIED FRUIT



PALM

PROTEINS SERVING
ABOUT 100G (3-4oz)
PERFECT PORTION OF MEAT
DOUBLE UP FOR VEGE PROTEIN



TWO HANDFULL

SALADS SERVING (FRESH SPINACH, LETTUCE)



FIST

CARBS SERVING
ABOUT 1 CUP (150-200G)
PERFECT PORTION OF RICE,
FRUIT OR COOKED VEGETABLES

