

A HANDY GUIDE FOR Portion Control

THUMB TIP



= one teaspoon

one serving of butter

THUMB



= about an ounce

one serving of cheese

THUMBS × 2



= one tablespoon

one serving of nut butters

HANDFUL



= an ounce

one serving of nuts

HANDFUL × 2



= about an ounce

one serving of cereal

FIST



= about an ounce

**one serving of
fruits or veggies**

PALM



= one tablespoon

one serving of meat