

VISUAL GUIDE TO ESTIMATE PORTION SIZE USING YOUR HANDS



FIST

Equal to 1 cup
is a portion of rice, fruits
or vegetables.



200 kcal

FINGERTIP

Equal to 1 teaspoon
is a portion of fats like
mayonnaise or butter.



35 kcal

CUPPED HAND

Equal to 1/2 cup or 1 ounce
is a portion of snacks like nuts or
dried fruits.



170 kcal

THUMB

Equal to 2 tablespoons
is a portion of dairy
and peanut butter.



170 kcal

PALM

Equal to 3 ounces
is a portion of protein
like red meat or chicken.



160 kcal

HAND SIZES VARY, SO THE COMPARISON IS JUST AN ESTIMATION & ROUGH GUIDELINE.

SOURCE: Hand Guide to Portion Control Infographic. (2013, November 13). Retrieved October 14, 2014, from <http://www.guinnesshealth.com/health-topics/nutrition/portion-size-guide/>

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Y Pai



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