



What is your portion size?

## Portion Sizes Are in Your Hand

**A fist or cupped hand = 1 cup**



**Eat 2½ cups of vegetables and 1½ cups of fruit each day. Eat ½ cup portions several times a day.**

**A thumb = 1 oz. of cheese**

**Eat low-fat cheese and yogurt and drink low-fat milk. You need three cups from the milk group each day. You need 1-1½ ounces of cheese to equal one cup of milk.**



**1 tennis ball = ½ cup fruit**

**One-half cup is a healthy portion of fruit and vegetables.**

**Palm or deck of cards = 3 oz. of meat**

**Eat 5 ounce equivalents from the meat and bean group each day. Estimate the amount you are eating with your palm. One youth palm equals 2-3 ounces, depending on size of hand.**



**Handful = 1-2 ounces of snack food**



**Snacking can add up. One ounce equals 1 handful nuts or small candies or 2 handfuls chips**



**Thumb tip = 1 teaspoon**

**Eat small amounts of high-fat foods such as peanut butter and mayonnaise. One teaspoon is the end of your thumb—from the knuckle up.**

Adapted from Portion Sizes and School-Age Children, NC SNAC 2003