LEARN HOW TO use your hand to estimate healthy serving sizes.

**VEGETABLES:** Consume 5-10 servings of vegetables per day.

- **FRESH, FROZEN, OR CANNED VEGETABLES**
  - 1/2 cup = 1/2 fist

- **LEAFY VEGETABLES**

**FRUIT:** Consume 2-4 servings of fruit per day.

- **FRESH, FROZEN, OR CANNED FRUIT**
  - 1/2 cup = 1/2 fist

- **WHOLE FRUIT**
  - 1 cup = 1 fist

- **100% FRUIT JUICE**
  - 1/2 cup = 1 fist

**DAIRY:** 2-3 servings of dairy per day is considered healthy.

- **MILK OR FORTIFIED MILK ALTERNATIVE**
  - 1 cup = 1 fist

- **YOGURT**
  - 3/4-1 cup = 1 fist

- **CHEESE**
  - 1-2oz = 2 thumbs
PORTION SIZES

GRAINS & STARCHES: Consume 2-3 servings per day.

- BREAD: 1 slice = size of hand
- PASTA or RICE: 1/2 cup = 1/2 fist

PROTEINS: Consume 1-4 servings per day.

- MEAT or POULTRY: 3 oz = Palm of hand
- FISH: 3 oz = Palm of hand
- NUTS and SEEDS: 1/4 cup = Cupped hand
- LEGUMES: 3/4 cup = 1 fist
- NUT BUTTER: 2 tbsp = Two thumbs

FATS: 2-3 tablespoons of oils and fats per day is considered healthy.

- BUTTER, MAYONNAISE, or OIL: 1 tsp = 1 thumb tip, 1 tbsp = 1 thumb