

PORTION SIZES

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

VEGETABLES: Consume 5-10 servings of vegetables per



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

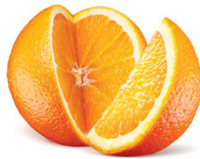


LEAFY VEGETABLES

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

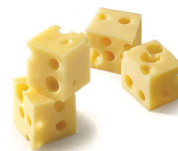
DAIRY: 2-3 servings of dairy per day is considered healthy.



MILK OR FORTIFIED MILK ALTERNATIVE
1 cup = 1 fist



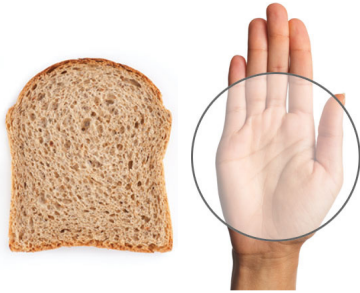
YOGURT
3/4-1 cup = 1 fist



CHEESE
1-2oz = 2 thumbs

PORTION SIZES

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



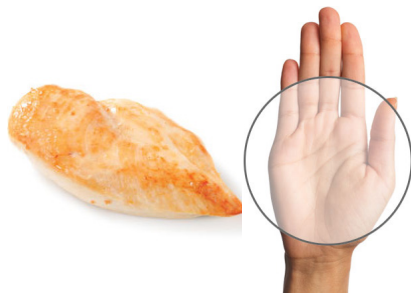
BREAD
1 slice = size of hand



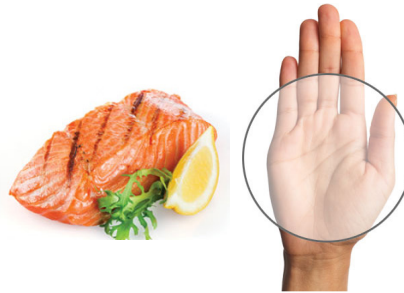
PASTA or RICE
1/2 cup = 1/2 fist



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