LEARN HOW TO use shapes of 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**
  - 1 cup = 1 fist

**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

- **HOT OR COLD CEREAL**
  1 cup = 1 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

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