

Adapted from



# Portion Sizes



**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

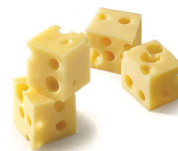
**DAIRY:** 2-3 servings of dairy per day is considered healthy.



MILK OR FORTIFIED MILK ALTERNATIVE  
1 cup = 1 fist



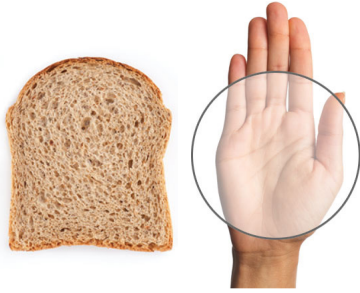
YOGURT  
3/4-1 cup = 1 fist



CHEESE  
1-2oz = 2 thumbs

# Portion Sizes

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



**BREAD**  
1 slice = size of hand

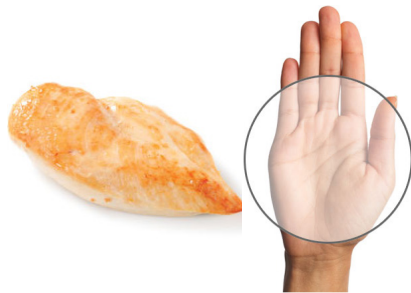


**PASTA or RICE**  
1/2 cup = 1/2 fist

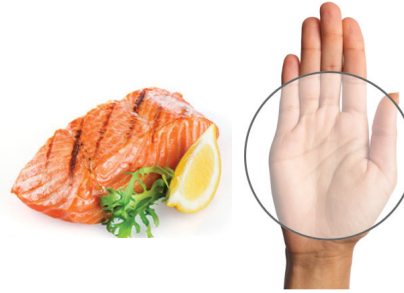


**HOT OR COLD CEREAL**  
1 cup = 1 fist

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