

Use Your Hands!



HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

	Palm ≈ 3-4 ounces (meat, fish, & poultry)
	Thumb ≈ 1 Teaspoon (butter, margarine, mayonnaise, & oils)
	Thumb ≈ 1-2 Tablespoons (salad dressing, sour cream, cream cheese, peanut butter & hard cheeses)
	Fist ≈ 1 cup (cereal, soup, casseroles, fresh fruit, raw vegetables or salads)
	One cupped hand ≈ 1/2 cup (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
	Two cupped hands ≈ 1 ounce (chips, crackers & pretzels)

Try the leader in perfectly portioned meals created for healthy living.

Healthy Choice

It's all in your hands.

Do This... To visualize this measured amount...



One fist clenched = 8 fl oz

Useful for these foods...

- Cold and hot beverages



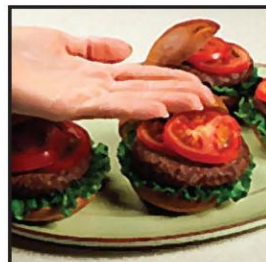
Two hands, cupped = 1 cup

- Breakfast cereal (flakes, fun shapes, O's)
- Soup
- Green salads (lettuce or spinach)
- Mixed dishes (chili, stew, macaroni and cheese)
- Chinese food



One hand, cupped = 1/2 cup

- Pasta, rice
- Hot cereal (oatmeal, farina)
- Fruit salad, berries, applesauce
- Tomato or spaghetti sauce
- Beans (cooked or canned)
- Cole slaw or potato salad
- Mashed potatoes
- Cottage cheese
- Pudding, gelatin



Palm of hand = 3 ounces

- Cooked meats (hamburger patty, chicken breast, fish fillet, pork loin)
- Canned fish (tuna, salmon)



Two thumbs together = 1 tablespoon

- Peanut butter
- Salad dressing
- Sour cream
- Dips
- Whipped topping
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise