

# Portion Control Shortcuts



Thumb Tip  
(1 tsp.)

Thumb Tip = 1 tsp =  
1 serving fat/oil



Thumb  
(1 ounce)

Thumb = 1 oz =  
2 servings sugar



Palm  
(3 ounces)

Palm = 3 oz =  
1 serving lean  
meat, fish, poultry



Thumb  
(1 ounce)

Thumb = 1 oz =  
1 serving cheese



Handful  
(1-2 ounces)

Handful =  
1-2 oz =  
1-2 serving nuts  
2-3 servings seeds



Fist  
(1 cup)

Fist = 1 cup =  
1 serving milk/yogurt  
2 servings cooked beans



Fist  
(1 cup)

Fist = 1 cup =  
1 serving raw leafy veggies, 2 servings cooked veggies  
1 serving whole fruit, 2 servings cut/canned fruit



Fist  
(1 cup)

Fist = 1 cup =  
1 serving dry cereal  
2 servings cooked grains