



YOUR “HANDY” PORTION GUIDE



Palm Size Serving - 3oz
(same size and thickness as the palm)

- Beef
- Pork
- Poultry
- Fish
- Slice of whole grain bread (1.5 oz)



Cupped Hand Serving Size (rounded) - ½ cup

- Pasta
- Rice
- Cooked Vegetables
- Berries

Open hand-single layer-in the palm =an ounce serving of nuts



Double Cupped Hand Serving Size – 1 cup

- Salad Greens
- Air Popped Popcorn
- Raw veggies



Fist Size Serving - ½ cup

- Cereal
- Fresh Fruit
- Dinner Roll
- Potato
- Cooked vegetables
- Casserole



Thumb Serving Size – 1 oz or 1 TBS

- Salad Dressing
- Peanut Butter
- Cheese

Thumb Tip (to 1st digit) Serving Size – butter, oil, mayo

“My flesh and my heart may fail, but God is the strength of my heart, my **portion** forever”

Ps 73:26