Handy Portion Guide

TO HELP YOU: WHEN THINKING ABOUT PORTIONS OF THE FOODS YOU EAT USE

1 cup breakfast cereal = 2 cupped hands
1 cup milk = 1 hand
1 cup cooked pasta = 1/2 cup cooked pasta
1/2 cup canned beans = 2 cupped hands
3 oz. grilled chicken breast = size of palm of hand
1/2 cup baby carrots (about 10) = 1 cupped hand
1 oz. cheese = same length as width of your thumb
1 Tbsp peanut butter = 1 cupped hand
1 tsp. butter or hummus = 1 thumb tip
1 c. leafy greens = 1 cupped hand
1/2 c. cooked pasta = 1 cupped hand
1/2 c. fruit = 1 cupped hand
1/4 c. oil = 1 thumb tip

Handy Portions Love

Length + width of thumb =
LIMIT DISTRACTIONS

Serve smaller portions.

Stop eating when you feel full.

Clean your plate.

Stop eating when you stop feeling hungry.

Take more if you're still hungry but less to begin with if you're not.

You'll waste less food.

Eat a smaller bowl.

Use a smaller plate rather than a dinner plate.

Look longer: the smaller portion will make the plate look fuller and make you feel more satisfied.

Try these easy tips to control portion sizes and eat the right amount during meals and snacks:

1 wedge cantaloupe (1/2 cup) = 1 hand

1/2 cup broccoli = 1 capped hand

1/4 cup dried fruit = 1 hand

1 small apple = 1 hand

1/2 cup cooked, whole-grain pasta = 1 capped hand

1/2 cup cooked, whole-grain rice = 1 capped hand

1 cup cooked, non-white rice = 1 capped hand