

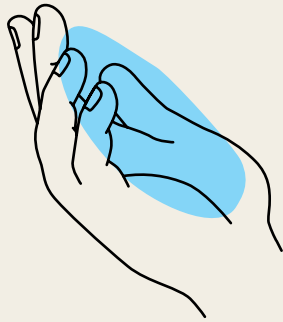
VISUAL GUIDE

# Portion sizes

**Cupped hand**

1 OUNCE

Nuts, dried fruit



**Palm**

3 OUNCES

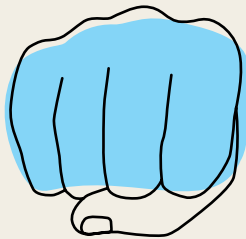
Meat, fish, poultry



**Front of fist**

$\frac{1}{2}$  CUP

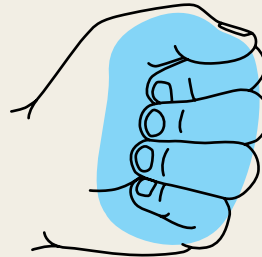
Rice, pasta, grains



**Clenched fist**

1 CUP

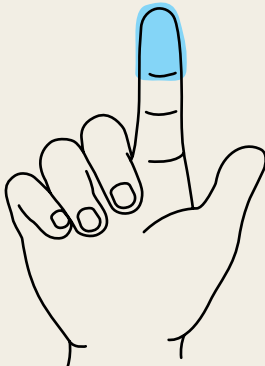
Vegetables, fruit



**Fingertip**

1 TEASPOON

Cooking oil, butter,  
mayonnaise



**Thumb**

2 TABLESPOONS

Nut butters,  
hard cheeses

