

Portion Size Chart



1 CUP = FIST
Serving size: 1 Cup

Best For

- Cereals
- Soups
- Fresh Fruits
- Salads



1/2 CUP = CUPPED HAND
Serving size: 1/2 Cup

Best For

- Pasta
- Rice
- Beans
- Cooked Vege-



3 OUNCES = PALM
Serving size: 3 ounces

Best For

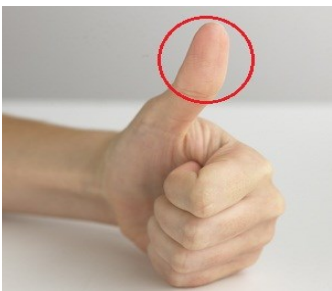
- Beef
- Pork
- Poultry
- Fish



1 TABLESPOON = THUMB
Serving size: 1 Tablespoon

Best For

- Salad dressing
- Peanut butter
- Cream cheese
- Sour Cream



1 TEASPOON = THUMB TIP
Serving size: 1 Teaspoon

Best For

- Butter
- Margarine
- Mayonnaise
- Oil

Contact:
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