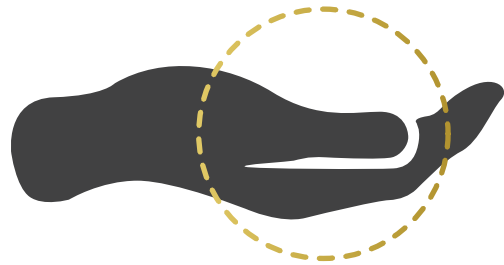


How to estimate the right
PORTION SIZE



FIST | 1 cup

One serving of most raw fruits and vegetables.



CUPPED HAND | 1/2 cup

One serving (dry) of oats, rice, quinoa. One serving of beans.



THUMB | 1 Tablespoon

One serving of nut butters, oil, spreads or butter.



PALM | 3 ounces

One serving of meat, poultry, fish or tofu.

