

Hand Guide to Portion Control Cheat Sheet

by [deleted] via cheatography.com/2754/cs/14029/

Introduction

This infographic outlines how to use certain parts of your hands to measure serving sizes of various food items.

To avoid excessive calorie intake, limit pasta servings to half a cup. Half a cup is roughly equivalent to the front of your clenched fist.

The recommended serving size for meat is **three ounces**, **which is** roughly the size of your palm.

Your **fingertip is about the size of a teaspoon**, or the amount of butter your toast requires.

Your **thumb**, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

A clenched fist is roughly the size of one cup, or a double serving of ice cream.

Hand Guide to Portion Control

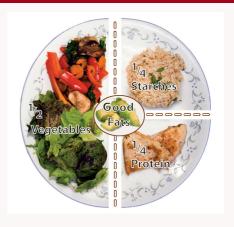


Source: http://www.guardyour health.com

Healthy Hand Guide



Healthly Plate





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