

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.

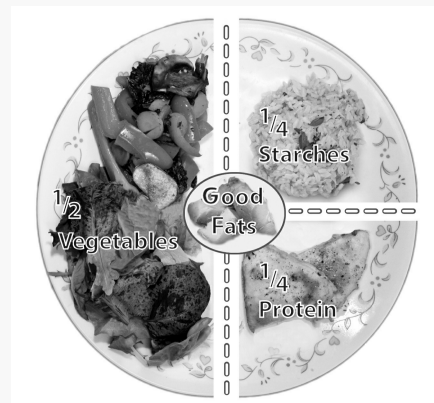
Your **thumb, from knuckle to tip, is about the size of a tablespoon.** Double it for a single serving of peanut butter.

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

Healthy Hand Guide



Healthy Plate



Hand Guide to Portion Control



Source: <http://www.guardyourhealth.com>

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