

PORTION SIZE GUIDE

Serving Size: The amount of food listed on a product's nutrition label which may be more or less than what you plan to eat. This term can also refer to the recommended servings of food groups from the USDA Dietary Guidelines and My Plate.

Portion Size: The amount of food you choose to eat at a meal or snack, which may be more or less than a serving size. Use this guide to help you visualize portion sizes without needing measuring cups or a food scale.

Handy Tips for Estimating Portion & Serving Sizes



**1 cup = 1 fist
or baseball**

Raw, canned or
frozen cooked
vegetables

*Leafy greens
= 2 cups



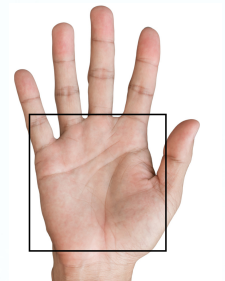
**1/2 cup = 1/2 fist
or light bulb**

Raw, canned, or
frozen cooked
fruits



**1/4 cup = cupped
hand or palmful**

Dried fruits or
nuts and seeds



**3 oz = palm of hand or
deck of cards**

Meats, poultry,
and fish or
seafood

Portion Size your Plate



**1 tbsp = 1 thumb
or 1 poker chip**

Peanut butter and
other nut butters



**1 tsp = 1 thumb tip
or 1 postage stamp**

Oils and other fats

1/2 plate vegetables/fruits

1/4 plate starches/grains

1/4 plate proteins