**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

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

1/4 cup = cupped hand or palmful

3 oz = palm of hand or deck of cards

Raw, canned or frozen cooked vegetables

Raw, canned, or frozen cooked fruits

Dried fruits or nuts and seeds

Meats, poultry, and fish or seafood

*Leafy greens = 2 cups

1 tbsp = 1 thumb or 1 poker chip

1 tsp = 1 thumb tip or 1 postage stamp

Peanut butter and other nut butters

Oils and other fats

**Portion Size your Plate**

1/2 plate vegetables/ fruits

1/4 plate starches/ grains

1/4 plate proteins