

EATING SMART AT HOME



Smart-size Your Portions

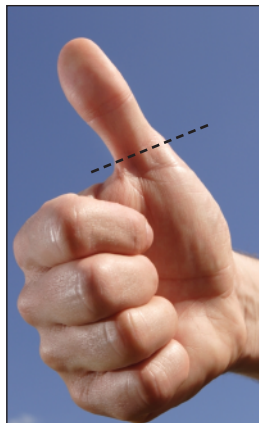
A portion is what you serve yourself or what a restaurant gives you—you can also think of this as a “helping.”

The reality is that a portion is sometimes larger than it should be.

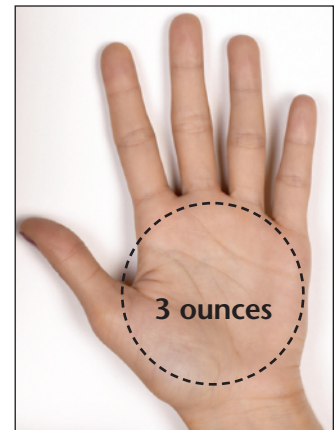
Use your hand as a guide to estimate a smart size portion.



Your fist is about the size of one cup or one ounce of cereal.



The palm of your hand is about the same size as 3 ounces of meat, fish, or chicken.



Your thumb is about the same size as 1 ounce of cheese.



Because hand sizes vary, compare your fist size to an actual measuring cup.



A small handful of nuts is about 1 ounce. For chips and pretzels, 2 handfuls equals about 1 ounce.



A handful of shredded cheese is about one ounce.