Handy Advice About Portion Sizes

Are you confused about portion sizes? Our Diet module offers a useful video about how to measure portions. Here are some other easy-to-use, “handy” ways to gauge portion sizes, using the average adult-sized hand:

- **Fist = 1 cup**
  - Make a fist or think of a baseball to eat a serving of vegetables, fruits, or grains

- **Handful = ½ cup**
  - Cup your hand to find a single serving of nuts (about 1-2 oz)

- **Thumb tip = 1 tsp**
  - Your thumb tip (or a dice) is the right size for a serving of butter, oil, peanut butter or salad dressing

- **Palm = 3 oz**
  - Look at your flat palm (or a deck of cards) for a serving of fish, chicken, or meat (larger palms 4-5 oz)

- **Thumb = 1 oz**
  - Your whole thumb is about the right size for a serving of cheese

Learn more at anticancerlifestyle.org

Source: Academy of Nutrition and Dietetics