



# EAT WITH YOUR HANDS

A visual guide to proper portion sizes

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Closed Fist

about 1 Cup  
fruit, cooked vegetables,  
beans or starch like rice



## Fingertip

about 1 Teaspoon  
fats like mayonnaise,  
butter or cooking oil



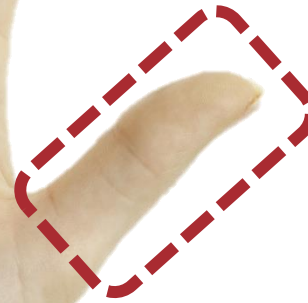
## Palm

about 3 oz  
protein like  
cooked meat or  
fish



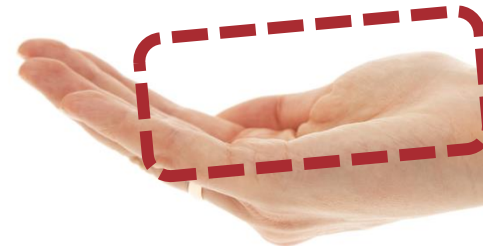
## Thumb

about 2 Tablespoons  
peanut butter or salad  
dressing or hard cheese



## Cupped Hand

about ½ cup  
snacks like dried fruit  
and nuts



Hand size varies from person to person, but hands are generally relative to body size, and are thus a good tool to indicate portion size needs.