

PORTION SIZES

WHEN YOU CAN'T MEASURE YOUR FOOD

Your Helpful Hands:

The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons or a scale. Sometimes, such as when you eat out, you can't do this. Here are a number of ways you can use your hands to help you find out about how much you are eating. * The portion sizes in each food group use an adult *woman's* hand as a guide.



One fist clenched = 8 fluid ounces

- Cold and hot beverages



Two hands, cupped = 1 cup

- Breakfast cereal
- Soup
- Green salads (lettuce or spinach)
- Mixed dishes (chili, stew, macaroni and cheese.)
- Chinese food



One hand, cupped = 1 cup

- Pasta, rice
- Hot cereal (oatmeal, farina)
- Fruit salad, berries, applesauce
- Tomato or spaghetti sauce
- Beans (cooked or canned)
- Cole slaw or potato salad
- Mashed potatoes
- Cottage cheese
- Pudding, gelatin



Palm of hand = 3 ounces

- Cooked meats (Hamburger patty, chicken breast, fish fillet, pork loin)
- Canned fish (tuna, salmon)



Two thumbs together = 1 tablespoon

- Peanut butter
- Salad dressing
- Sour cream
- Dips
- Whipped topping
- Dessert sauces
- Margarine
- Cream cheese
- Mayonnaise

*Adapted from MyPyramid.gov. This handout is only a guide. The amounts of foods in your meal plan may be different. Provided as an educational service on www.learningaboutdiabetes.org. © 2008 Learning About Diabetes, Inc. All rights reserved. Rev. 2015