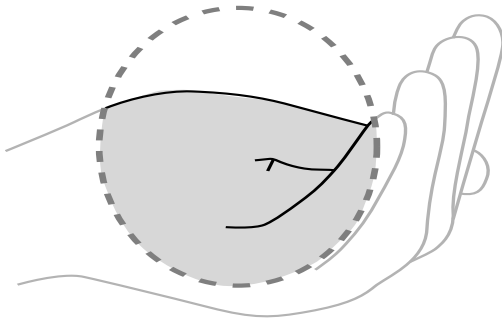
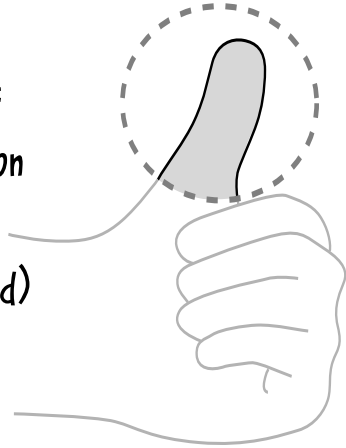


# Portion Sizes



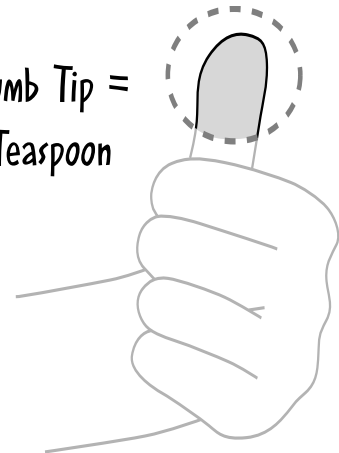
Closed Fist = 1 Cup

Thumb =  
1 Tablespoon  
or  
1 oz. (liquid)



Handful = 1 or 2 oz (dry)  
Snackfood

Thumb Tip =  
1 Teaspoon



Palm = 3 oz.  
1 cooked serving of  
Chicken, Fish or Meat

