

Handy Guide to Serving Sizes

Learn how to use your hand to estimate serving sizes and compare them to the food portions you eat.



Vegetables and Fruit: Aim to eat 3-4 servings of Fruits and 5 servings of Vegetables each day. Here's what a serving looks like.

Fresh, frozen or canned vegetables
1/2 cup = 1/2 fist



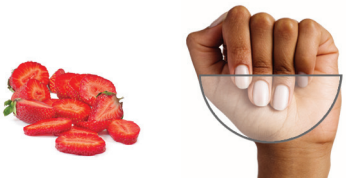
Leafy vegetables
1 cup = 1 fist



Whole fruit
1 fruit = 1 fist



Fresh, frozen or canned fruit
1/2 cup = 1/2 fist



Dried fruit
1/4 cup = Cupped hand

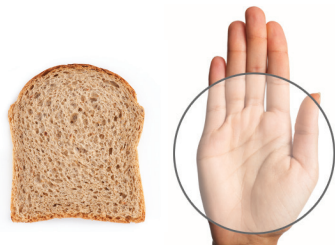


100% fruit juice
1/2 cup = 1/2 fist

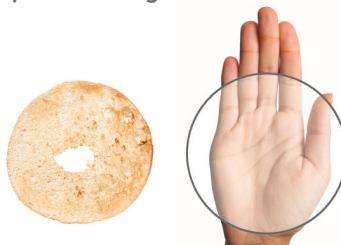


Grains: Aim to eat 5-6 servings of Grains each day. Choose whole grains at least 50% of the time! Here's what a serving looks like.

Bread
1 slice = Size of hand



Bagel
1/2 small bagel = Size of hand



Rice
1/2 cup = 1/2 fist



Pasta
1/2 cup = 1/2 fist



Cold Cereal
1 cup = 1 fist



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Dairy: Aim to get 3 servings of Dairy each day. Here's what a serving looks like.

Milk or fortified soy beverage

1 cup = 1 fist



Yogurt

3/4 cup = 1 fist



Cheese

1½ oz = 2 thumbs



Protein Foods: Aim to eat 2 to 3 servings of protein foods each day, focusing on lean sources like poultry, seafood, and beans. Here's what a serving looks like.

Meat and Poultry

2½ oz = Palm of hand



Fish

2½ oz = Palm of hand



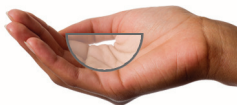
Peanut butter

2 tbsp = 2 thumbs



Nuts and seeds

1/4 cup = Cupped hand



Legumes

1/2 cup = 1 fist



Oils: Aim for no more than 2 Tbsp OR 6-7 tsp of oil each day. Choose healthy unsaturated fat sources like oil, olives, nuts and avocado. Here's what a tbsp and tsp look like.

Margarine or butter

1 tsp = 1 thumb tip

1 tbsp = 1 thumb



Oil

1 tsp = 1 thumb tip

1 tbsp = 1 thumb



Mayonnaise

1 tsp = 1 thumb tip

1 tbsp = 1 thumb

