

# Food Portions

Measuring your food is a great way to help manage your carb intake and figure out how much food you are eating. Try using measuring cups, spoons and scales to get familiar with your portions. But, when you can't measure your food, using your hands can help. (These measurements are based on an average adult woman's hand size.)

## One hand, cupped = 1/2 cup

- Pasta, rice
- Hot cereal oatmeal, grits)
- Applesauce, berries, chopped fruit
- Beans, potatoes
- Pasta sauce
- Mashed potatoes
- Yogurt, pudding, cottage cheese
- 1 - 2 oz of nuts or snacks

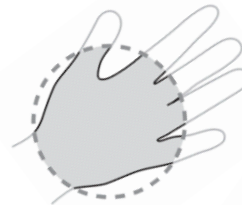


## Two hands, cupped = 1 cup

- Dry cereal
- Soup
- Green salads, coldslaw
- Mixed dishes (chili, macaroni and cheese, stew)
- 1oz of nuts or 2oz

## Palm of hand = 3-4 ounces

- Cooked meats (chicken breast, fish, hamburger, pork loin)
- Canned fish (tuna or salmon)



## Tip of your thumb = 1 teaspoon

- Jam, jelly,
- Shortening, lard



## Thumb= 1 ounce

- serving of cheese

## Two thumbs together = 1 tablespoon

- Mayonnaise
- Salad dressing, dips
- Cream cheese, sour cream
- Butter, margarine
- Whipped cream
- Dessert sauces
- Peanut butter



## Make a fist = 1 cup

- 2 servings of pasta or oatmeal

## One clenched fist = 8 fl oz

- Beverages (water, coffee, juice, milk)

