Getting a Handle on Portions

Thumb
1 oz of cheese

Thumb Tip
1Tablespoon Peanut Butter

Finger Tip

1 teaspoon butter

Index finger + middle finger
1 ½ oz cheese

Palm

3 oz cooked meat, fish, chicken
1 ½ pieces of cornbread

Fist
1 cup cooked pasta, rice, or cereal
1 cup cooked beans, peas, lentils
1 cup yogurt, pudding, custard
1 cup salad, 1 baked potato, medium size fruit

Cupped Handful
1 oz nuts

2 Cupped Handfuls
1 oz chips or pretzels

Outstretched Hand

2 cups of cooked pasta, rice, cereal

PORTIONS - City and County of San Francisco WIC

Dec. 2003-Jan. 2004

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