
















# HAND GUIDE TO PORTION CONTROL

What Counts as 1 Portion	Symbol	Comparison
<b>Fruit</b>		
1 medium sized fresh fruit 1 cup fresh or canned fruit		1 fist
1/4 cup dried fruit (i.e. raisins)		1 small handful
<b>Vegetables</b>		
2 cups of green salad		2 fist
1 cup of cooked or raw veggies		1 fist
<b>Grains</b>		
1 cup dry cereal		1 fist
1/2 cup cooked cereal, rice or pasta		1 handful
<b>Proteins</b>		
3 oz. cooked chicken, beef, fish		palm (woman's)
1tbsp. of nut butter		1 thumb
1/4 cup cooked beans		1 small handful
<b>Dairy</b>		
1 1/2 oz. hard cheese		1 thumb
1 cup of milk, yogurt		1 fist
<b>Oil, Margarine, Butter, Dressing</b>		
1 tsp. butter, margarine, dressing		1 tip of thumb
1 tbsp. of dressing		1 thumb