Portion Control In The Palm Of Your Hand

FIST = 1 Cup
Best for:
- Beverages
- Cereal
- Casseroles
- Soups
- Fresh fruit
- Raw vegetables
- Salads

CUPPED HAND = ½ Cup
Best for:
- Pasta
- Rice
- Beans
- Potatoes
- Cooked vegetables
- Pudding
- Ice Cream

2 CUPPED HANDS = 1 ounce
Best for:
- Chips
- Crackers
- Pretzels

PALM = 3-4 ounces
Best for:
- Beef
- Pork
- Poultry
- Fish

THUMB = 1-2 Tablespoons
Best for:
- Salad dressing
- Sour cream
- Cream cheese
- Peanut butter
- Hard Cheeses

THUMB TIP = 1 Teaspoon
Best for:
- Butter
- Margarine
- Mayonnaise
- Oil

* indicates approximate size of serving

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