### Rules of Thumb on Portion Size

Want to understand how the amounts of food you eat (portion sizes) stack up against the amount of food from each food group that is right for you, according to the Pyramid (www.MyPyramid.gov)? Try using your hands to visualize the portions you eat. Then compare your typical portions to your daily Pyramid recommendations. Remember that the amounts of foods recommended for you on your personal Pyramid may vary from the portion sizes estimated using this chart.

**Do This...**

**To visualize this measured amount...**

<table>
<thead>
<tr>
<th>Portion Size</th>
<th>Useful for these foods...</th>
</tr>
</thead>
<tbody>
<tr>
<td>One fist clenched = 8 fl oz</td>
<td>• Cold and hot beverages</td>
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</tbody>
</table>
| Two hands, cupped = 1 cup | • Breakfast cereal (flakes, fun shapes, O’s)  
• Soup  
• Green salads (lettuce or spinach)  
• Mixed dishes (chili, stew, macaroni and cheese)  
• Chinese food |
| One hand, cupped = 1/2 cup | • Pasta, rice  
• Hot cereal (oatmeal, farina)  
• Fruit salad, berries, applesauce  
• Tomato or spaghetti sauce  
• Beans (cooked or canned)  
• Cole slaw or potato salad  
• Cooked meats (hamburger patty, chicken breast, fish fillet, pork loin)  
• Canned fish (tuna, salmon) |
| Palm of hand = 3 ounces | • Peanut butter  
• Salad dressing  
• Sour cream  
• Dips  
• Whipped topping |
| Two thumbs together = 1 tablespoon | • Dessert sauces  
• Margarine  
• Cream cheese  
• Mayonnaise |

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It’s all in your hands.

www.krafthealthyliving.com

Spring 2005