

Using Your Hands to Estimate Portions



1 teaspoon

An appropriate serving of margarine, butter or mayonnaise



1 Tablespoon

An appropriate serving of salad dressing or cream cheese



1/2 cup

An appropriate serving of fruit or fruit juice, starchy vegetables, such as potatoes or corn, pinto beans and other dried beans, rice or noodles, or cereal



3 ounces

An appropriate serving of meat, chicken, turkey or fish



1 cup 1 serving of

An appropriate serving of cooked vegetables, salads, casseroles or stews, such as chili with beans, or milk