







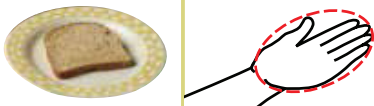

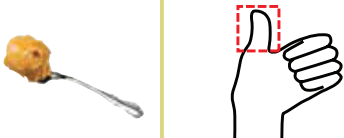


Portion-Size Chart

FOOD	SYMBOL	COMPARISON	PORTION SIZE
DAIRY: MILK, YOGURT, CHEESE			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup
VEGETABLES			
Cooked carrots		One fist	1 cup
Salad (bowl of salad)		Two fists	2 cups
FRUITS			
Apple		One fist	1 medium
Canned peaches		One fist	1 cup
GRAINS: BREADS, CEREALS, PASTA			
Dry cereal (bowl of cereal)		One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)		Handful	½ cup
Slice of whole-wheat bread		Flat hand	1 slice
PROTEIN: MEAT, BEANS, NUTS			
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon

 **registered dietitian team**

More information at celebratemore.com/dietitians

Available at all

