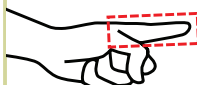
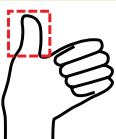


Portion-Size Chart

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

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They are available to answer your nutrition questions, share recipes, and provide resources.

