## Serving Sizes

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Hand Portion</th>
<th>Object</th>
<th>Foods</th>
</tr>
</thead>
</table>
| 1 cup    | fist         | baseball    | • starches/grains  
                                      • vegetable  
                                      • fruit      |
| 3 ounces | palm         | deck of cards | • meat  
                                      • fish  
                                      • poultry |
| 2 ounces | small handful | 4 dice     | • cheese  
                                      • nuts     |
| 1 ounce  | thumb        | 2 dice      | • peanut butter             |
| 1 teaspoon | thumb tip  | 1 die       | • cooking oil  
                                      • mayonnaise  
                                      • butter  
                                      • margarine  
                                      • sugar    |