
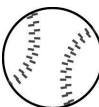










Serving Sizes

Quantity	Hand Portion	Object	Foods
1 cup =	fist 	baseball 	<ul style="list-style-type: none"> ▪ starches/grains ▪ vegetable ▪ fruit
3 ounces =	palm 	deck of cards 	<ul style="list-style-type: none"> ▪ meat ▪ fish ▪ poultry
2 ounces =	small handful 	4 dice 	<ul style="list-style-type: none"> ▪ cheese ▪ nuts
1 ounce =	thumb 	2 dice 	<ul style="list-style-type: none"> ▪ peanut butter
1 teaspoon =	thumb tip 	1 die 	<ul style="list-style-type: none"> ▪ cooking oil ▪ mayonnaise ▪ butter ▪ margarine ▪ sugar