

SERVING

#ffxhealthykids

SIZE ...

It's all in YOUR HAND!



FIST:
1 cup portion size
fruits, veggies, soups



CUPPED HAND:
1/2 cup, the right size for
pasta, rice, beans, potatoes
or ice cream



PALM:
Portion size for
proteins, like beef,
pork, chicken or fish



TIP OF THUMB:
About a teaspoon
butter, mayo, oils

THUMB:
About a tablespoon
peanut butter, salad
dressing, sour cream



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