



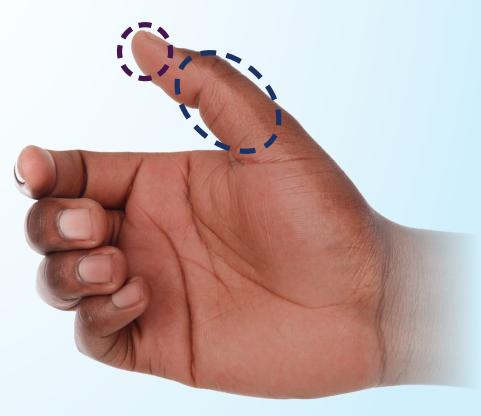
It's all in YOUR HAND!



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





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

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