

Health & Nutrition Tips

HOW MUCH IS JUST RIGHT?

Portion Control In The Palm Of Your Hand



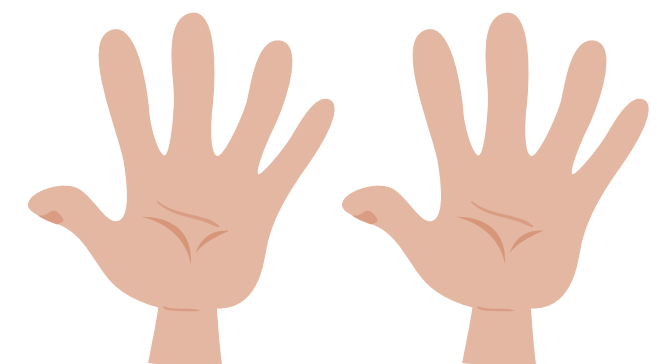
1 Cup
Fruit or Veggies
Milk or Yogurt
Dry Cereal
Cooked Grains (Oatmeal, Rice, Pasta)



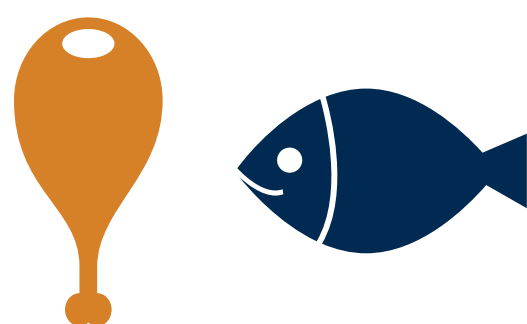
FIST



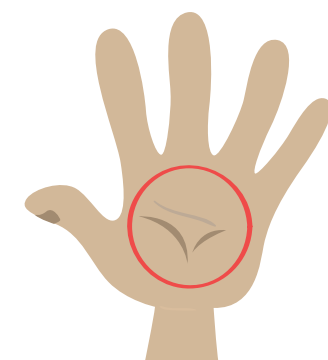
2 Cups
Leafy Green Salad
or
1 Ounce
Snacks like Chips, Crackers, Pretzels



TWO HANDFULS



3 Ounces
Meat like Chicken or Fish
or
1 Ounce
Snacks like Nuts and Dried Fruits



PALM



2 Tablespoons
Peanut Butter
or
1 Ounce
Cheese, Cream Cheese, Sour Cream



THUMB



1 Teaspoon
Fats like Mayo, Butter, or Margarine



FINGERTIP

Visit ChooseMyPlate.gov and click on Daily Food Plans to find your recommended daily servings of these groups based on your age, sex, weight, height, and physical activity.