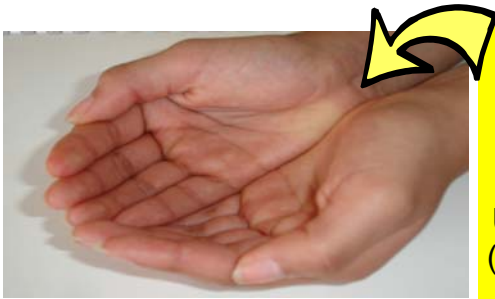


A "Handy" way to measure portions

You can measure portions by using measuring cups, reading food labels, using objects like a deck of cards, or weighing items.

Another way to ensure that portions that are served are the right amount is using "the hand method".

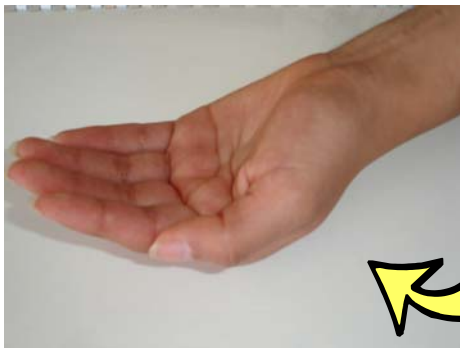


What does 1 cup look like?

2 Hands or a Baseball

What foods should be 1 cup?

Unsweetened cereal, **fruit**, and **vegetables** (except peas, corn, potatoes, sweet potatoes)



What does 1/2 cup look like?

1 Hand

A slice of bread or tortilla look like:

1 CD

What foods should be 1/2 cup?

Pasta, rice, beans, corn, peas, potatoes, oatmeal



Carbohydrates

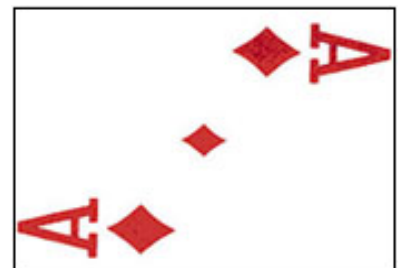


What does 3 ounces look like?

The palm of a hand or a deck of cards

What foods should be 3 ounces?

Lean meats, cottage cheese, cheese, eggs, tuna



Proteins



When eating out avoid menu items that contain the words *combo*, *ultimate*, *king-size*, *jumbo*, *super-size*, *all-you-can-eat*, *deluxe*, *tub*, *value meal*, *colossal*, *supreme*, and *biggie*...they usually contain large portions!