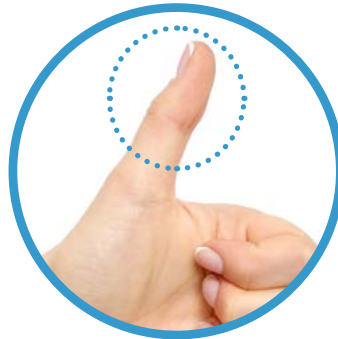


Handy Devices

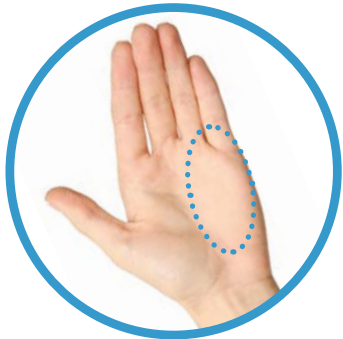
Measure Portion Sizes with Your Hands!



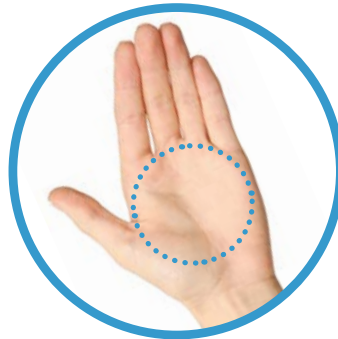
Woman's Fist
1 cup



Thumb
1 tablespoon or
1 ounce



Half a Handful
1/8 cup

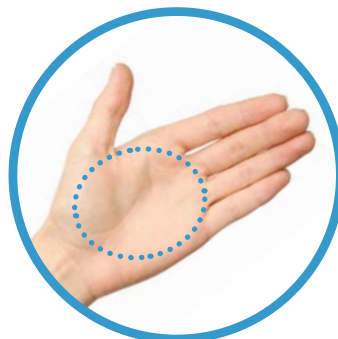


1 Woman's Handful
1/4 - 1/3 cup
or 1-2 ounces of
snack food

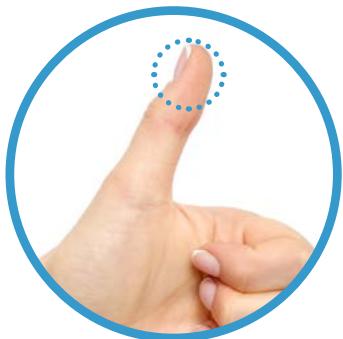
1 Man's Handful
1/2 cup or 4 ounces
of **snack food**



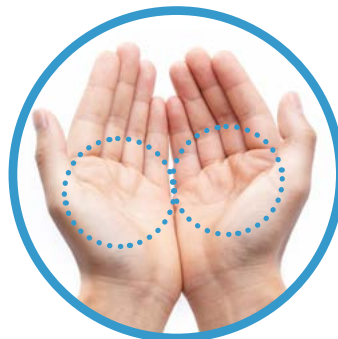
A "Pinch"



**A Woman's
Open Palm**
3 ounces of **meat**



Finger Tip
1 teaspoon



2 Woman's Handful
1/2 - 2/3 cup

2 Man's Handful
1 cup