

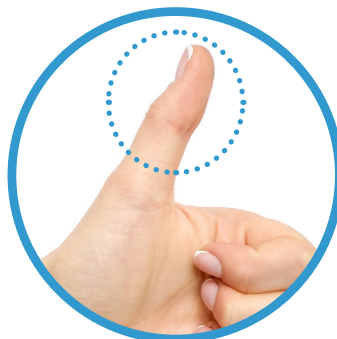
Handy Devices

Measure Portion Sizes with Your Hands!



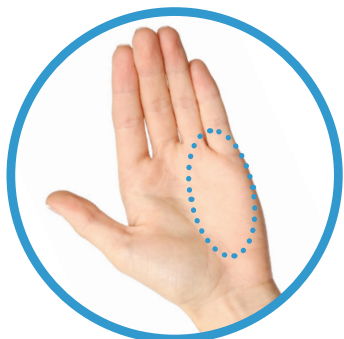
Woman's Fist

1 cup



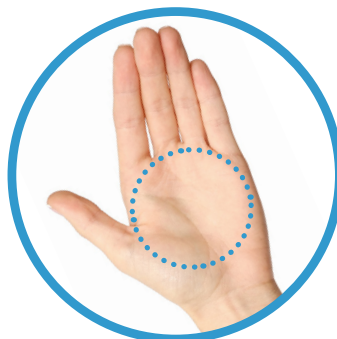
Thumb

1 tablespoon or
1 ounce



Half a Handful

1/8 cup



1 Woman's Handful

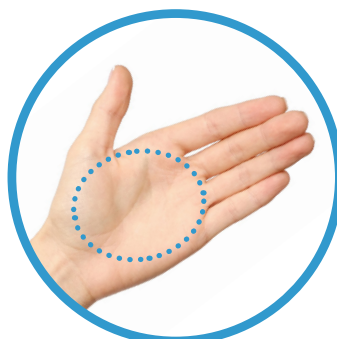
1/4 - 1/3 cup
or 1-2 ounces of
snack food

1 Man's Handful

1/2 cup or 4 ounces
of **snack food**

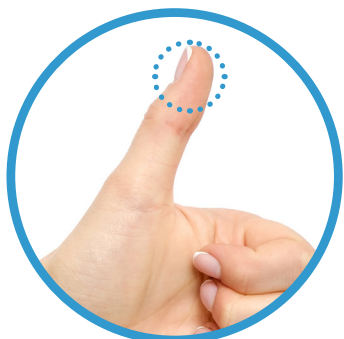


A "Pinch"



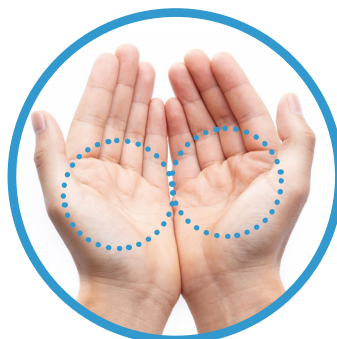
**A Woman's
Open Palm**

3 ounces of **meat**



Finger Tip

1 teaspoon



2 Woman's Handful

1/2 - 2/3 cup

2 Man's Handful

1 cup