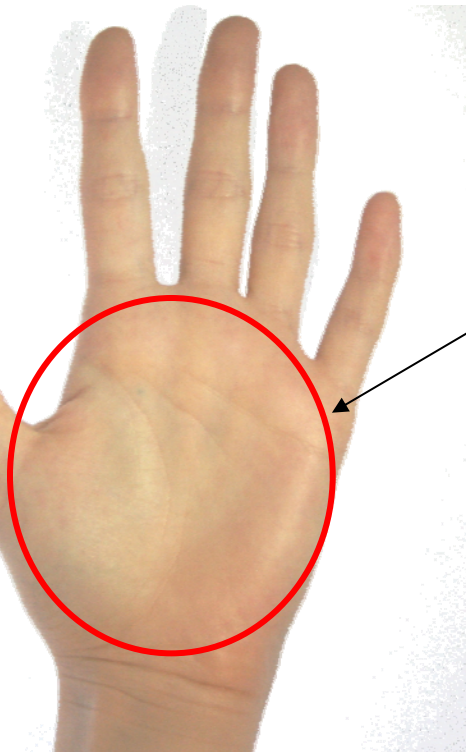


# Get a Hand on Portion Control



**Tip of Thumb ~**  
1 teaspoon butter or oil

**Thumb ~**  
1 tablespoon peanut butter, trans-fat-free margarine, light salad dressing, light sour cream, light cream cheese, or light mayo  
OR  
1 oz hard cheese or chocolate

**Palm of Hand ~**  
3 oz meat, fish, or poultry

**Cupped Hand ~**  
¼ cup nuts  
OR  
½ cup snack foods:  
(chips, crackers, cake, brownies, light ice cream)

**Fist ~**  
1 cup cooked vegetables, beans, whole wheat pasta, brown rice, potato, casseroles, soup  
OR  
1 cup fruit, salads, whole grain cereal

