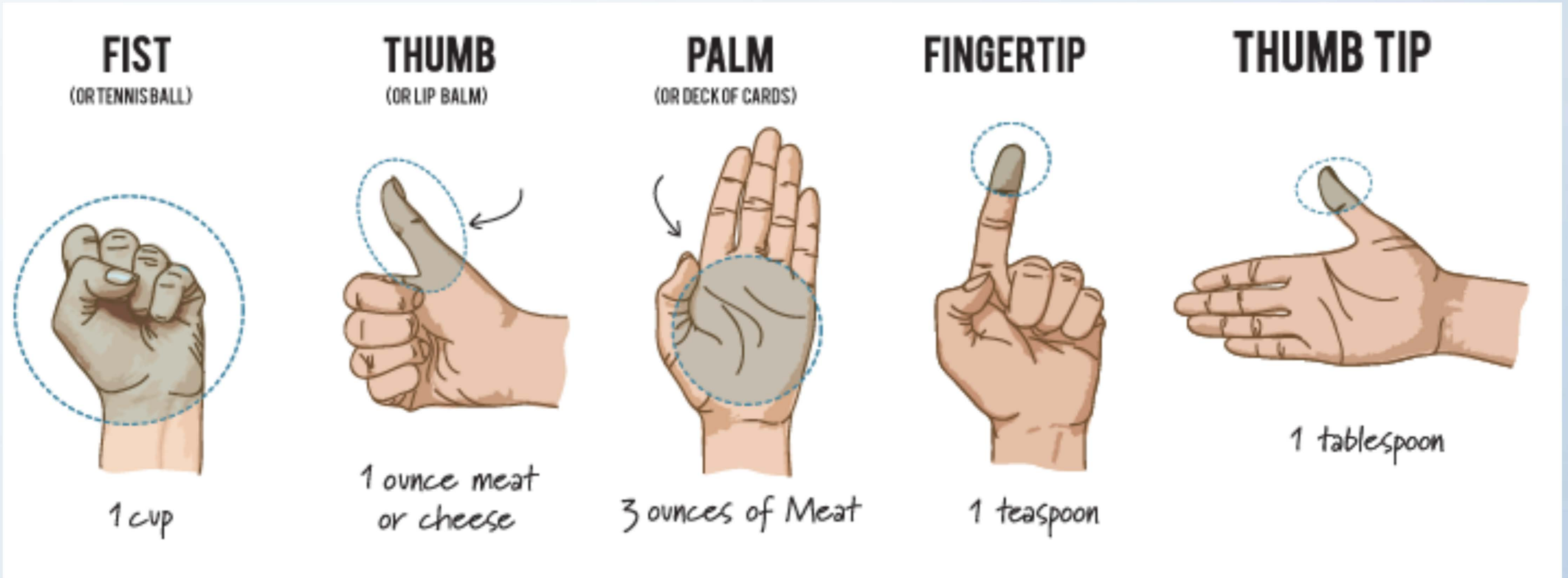


# Evaluating portions





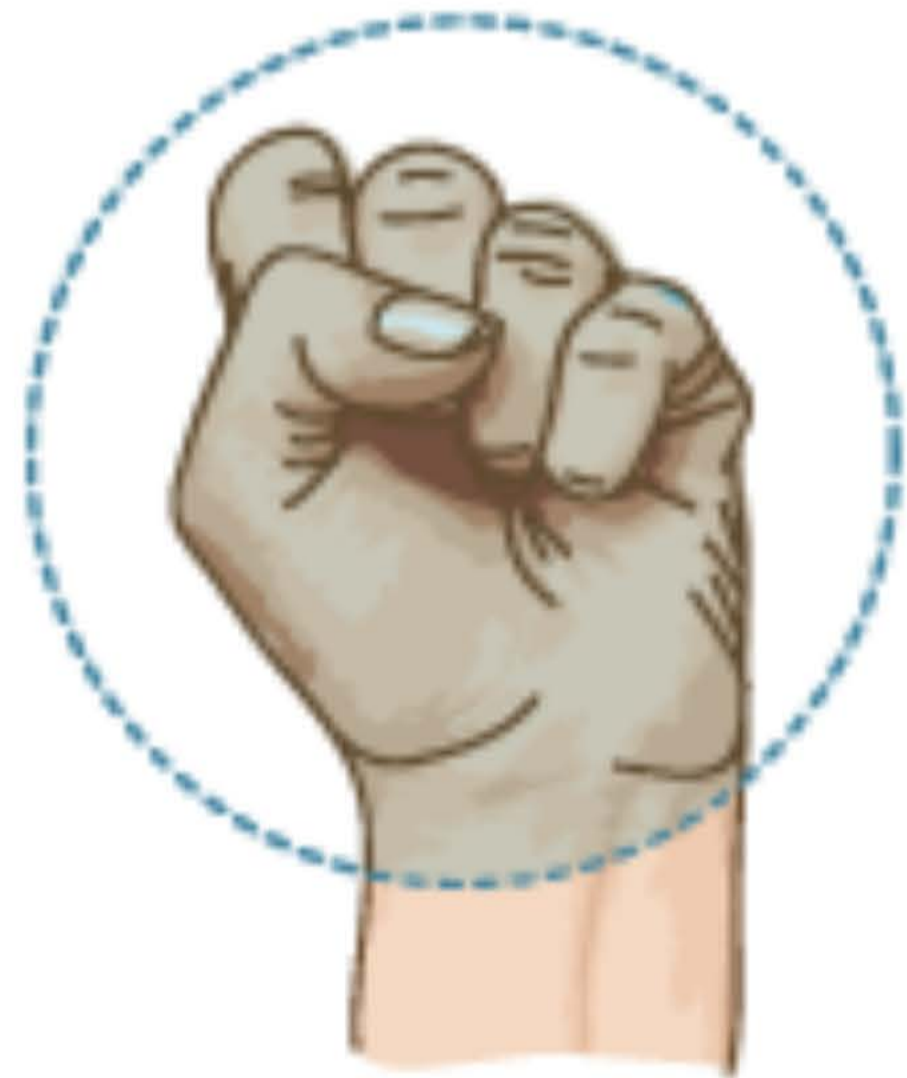
TIP: Compare your fist to a measuring cup for a quick evaluation of portions.





TIP: Compare your fist to a measuring cup for a quick evaluation of portions.

**FIST**  
(OR TENNIS BALL)



1 cup

**THUMB**  
(OR)



1 ounce

or cheese

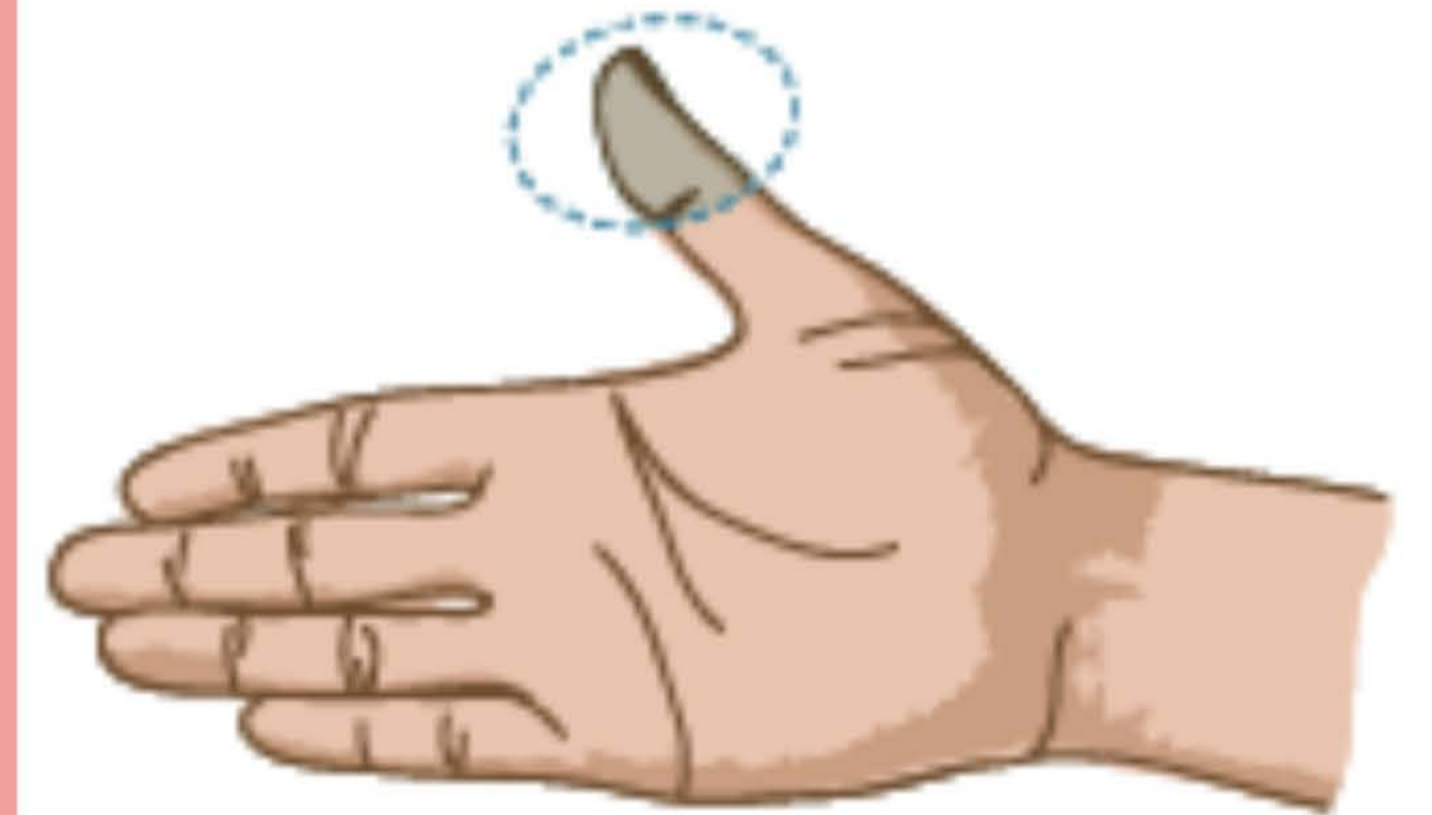
**PALM**

5 ounces of meat

**FINGERTIP**

1 teaspoon

**THUMB TIP**



1 tablespoon

Objective

=

measure often to be able to visually estimate the portion.

**\*Re-measure regularly\***