

Handy Devices



Measure Portion Sizes
with Your Hands!



Your Fist 1 cup



Thumb

1 tablespoon
or 1 ounce



Half a Handful
1/8 cup



1 Smaller Handful 1/4 -
cup or 1-2 ounces of
snack food

1 Larger Handful
1/2 cup or 4 ounces
of snack food



A "Pinch"



Open Palm

3 ounces of meat



Finger Tip
1 teaspoon



2 Smaller Handfuls

1/2 - 2/3 cup

2 Larger Handfuls
1 cup