

# 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