

How big is a portion?

1 serving of
fish or meat

=



The size of
your palm

1 serving of
cheese or
dried fruit

=



The size of
your thumb

1 Serving of
cereal or fruit

=



The size of
your fist

1 serving of
vegetables
or pasta

=



1 cupped
hand

1 serving of
salad

=



2 cupped
hands

1 serving of
margarine

=



1 level
teaspoon