

# Portion Size Guide

[www.dietitianbrittany.com](http://www.dietitianbrittany.com)

1/2 cup =  
palm (handful)  
light bulb



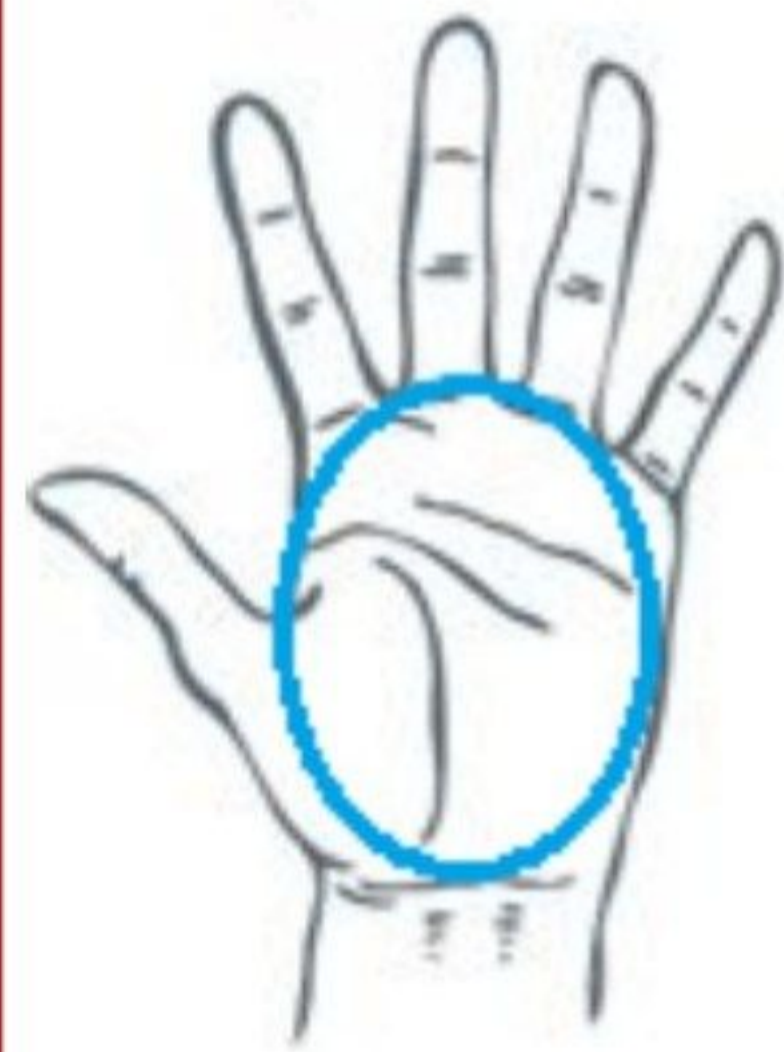
cooked rice, pasta,  
& cereal  
fruits, veggies

1 cup =  
fist  
baseball



raw leafy greens,  
piece of whole fruit

3 ounces =  
palm of hand  
deck of cards



meat, fish, poultry

1 tablespoon =  
thumb  
poker chip



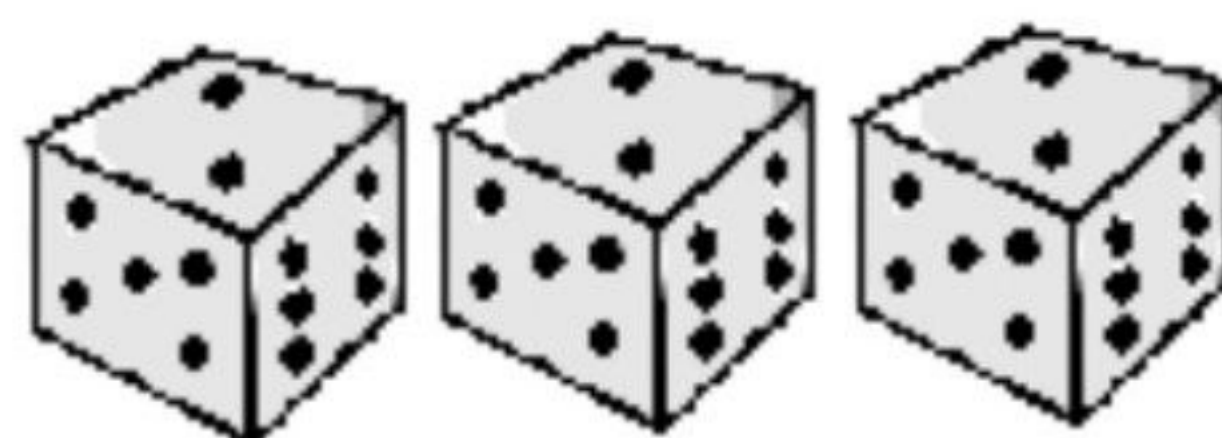
peanut butter,  
salad dressing

1 teaspoon =  
tip of thumb  
1 die



cooking oil, butter,  
mayonnaise

1 1/2 ounces =  
3 dice



cheese