Portion Control
IN THE PALM OF YOUR HAND

Portion control has changed dramatically over the years. Our 3-oz hamburgers have grown to 7 ounces and our sodas, chips, and candy bars have grown from fun-size to supersize. Stay in control of your portions with the help of your hands!

Your **FIST** is equal to 1 cup of cereal, fruits, or vegetables

The **PALM** of your hand is about 3 oz of meat, fish, or chicken

Your **THUMB** is the same size as 1 oz of cheese

A small **HANDFUL** is equal to 1 oz of nuts and 2 handfuls is 1 oz of chips or pretzels

FOOD IN THE FIELD

Source: https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/timetoscaleback.html

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EXTENSION