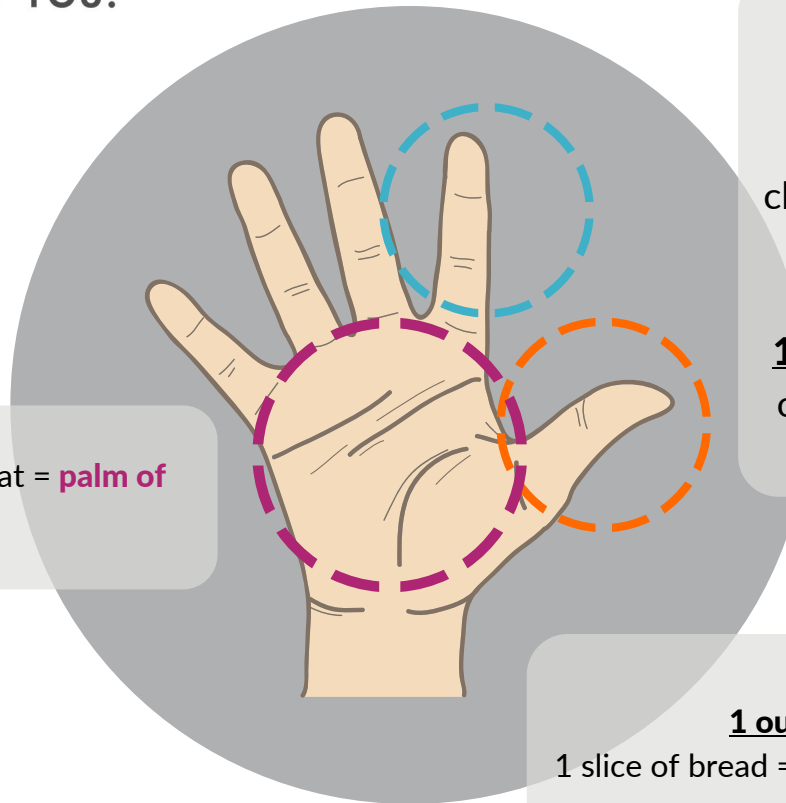


# PORTION CONTROL

Use your hands to estimate the amount you eat



HEALTHY HEARTS!  
HEALTHY YOU!



**2-3 ounces** of meat = **palm of hand**

**1.5 ounces** of cheese = **size pointer finger** (1.5 ounces of cheese is equivalent to 1 cup of milk.)

**1 ounce** - 1 Tablespoon of Peanut Butter = **size of thumb**

**1 ounce**  
1 slice of bread = size of flat hand

## **1 ounce**

1/2 cup cooked pasta  
1/2 cup sliced fruit  
1/2 cup of vegetable  
1/2 cup beans

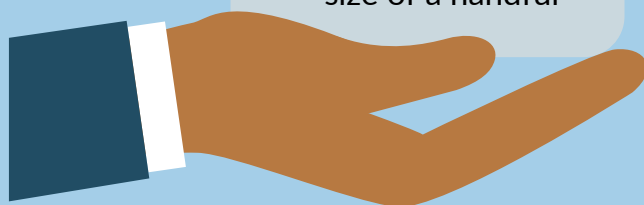
= size of a handful



## **1 cup**

1 Cup of Raw Vegetables  
1 cup of dry cereal  
1 cup of yogurt  
1 small apple

= size of 1 fist



Sources: USDA MyPlate. <https://www.myplate.gov/>. Accessed 12/20/2021

Images. Canva.com

"Please discuss your health condition and dietary restrictions with your health care provider before starting a new diet program."

**WebMD**  
health services

© WebMD Health Services Group, Inc. DWS Division