



**NEW YOU**  
WEIGHT AND WELLNESS

*Portion Size Guide*

WHAT DOES ONE SERVING  
ACTUALLY LOOK LIKE?

# PORTION SIZE GUIDE

*Compare Your Palm*

Calories are approximate and vary with brand.



## **PALM = 3 OZ**

- CHICKEN / POULTRY (200 CALORIES)
- BEEF (215 CALORIES)
- FISH (75 -175 CALORIES)



## **FIST = 1 CUP**

- FRUIT (70-140)
- RAW VEGETABLES (30 -100 CALORIES)
- QUINOA COOKED (220 CALORIES)



## **CUPPED HAND = 1 OZ**

- NUTS (170 CALORIES)
- DRIED FRUIT (100 CALORIES)
- GRANOLA (120 CALORIES)



## **THUMB = 2 TABLESPOONS**

- PEANUT BUTTER /ANY NUT BUTTER (190 CALORIES)
- SALAD DRESSING (60-150 CALORIES)
- HARD CHEESE (120 CALORIES)
- SEEDS (100-150 CALORIES)



## **1/2 FIST = 1/2 CUP**

- RICE COOKED(105 CALORIES)
- PASTA COOKED(105 CALORIES)
- BEANS COOKED (120 CALORIES)
- COTTAGE CHEESE (110 CALORIES)



## **THUMB TIP = 1 TABLESPOON**

- MAYONNAISE (95 CALORIES)
- OIL (120 CALORIES)

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**FIST WITHOUT THUMB = 3/4  
CUP**

- CEREAL (100- 300 CALORIES)
- YOGURT (100 - 240 CALORIES)



**INDEX FINGERTIP = 1  
TEASPOON**

- BUTTER (APPROXIMATELY 35  
CALORIES)



**TWO FIST = 2 CUPS**

- LEAFY GREENS (15 CALORIES)