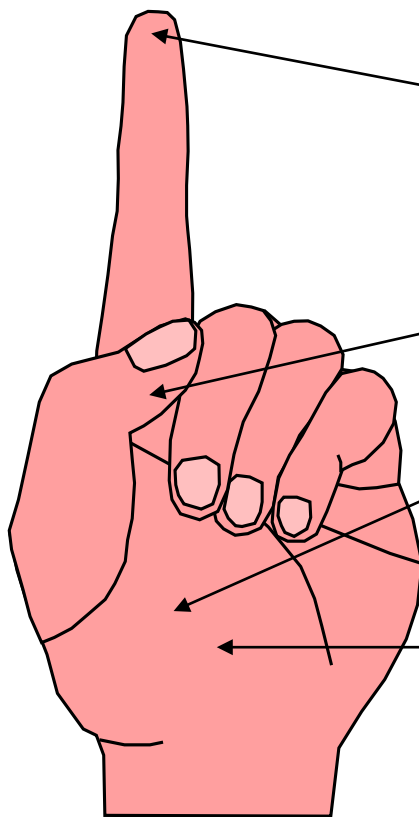


## Handy Portions

Another easy way to control your portions is using the “Handy Tool.” You can use your hands – something you have with you at all times – to help decide the correct portion size.

Here is how it works:



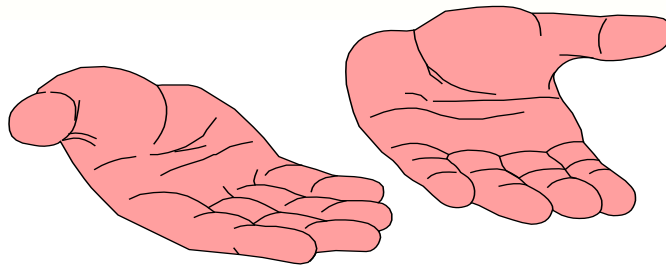
The tip of your finger is **ONE** teaspoon

Your thumb is **ONE** tablespoon

The palm of your hand is the right **servicing size for protein** (fish, meat, and chicken or dried beans).

**The palm can be used** to measure out your protein such as meat or meat substitute or one serving of starchy food such as mashed potatoes, corn or noodles.

The **whole hand is two servings** of meat or starch food.



Both hands together, filled with as much as you can hold is the perfect size serving for vegetables.

**The fist** can measure a portion ( $\frac{1}{2}$  cup) of dry cereal, rice, or pasta. It can also represent one serving size of fruit.



Try using your “Handy” Portion Control Tool the next time you cook dinner or eat at a restaurant. Notice that you probably were overdoing your portions by as much as double what they should be!