

# Healthy Serving Size

The amount of food I eat is a serving. A healthy serving of food can be measured with a measuring cup or spoon. Or I can use parts of my hand to guide me.

Use a measuring cup or my fist to measure:

- Casseroles
- Cereal (ready-to-eat)
- Fresh fruit
- Milk
- Salad
- Soup



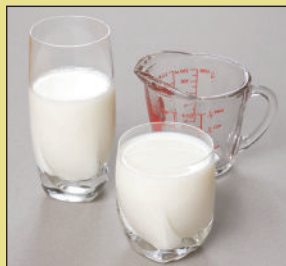
My Palm = 3 ounces of meat

Use my palm to measure:

- Beef
- Chicken breast
- Fish (like salmon)
- Pork (like a pork chop)

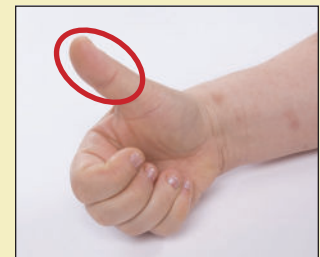


Each glass holds 1 cup of milk. Measure 1 cup of milk into my favorite glass. Now I know how high to pour milk in my glass for a healthy serving.



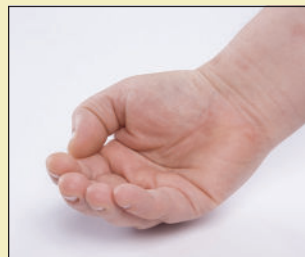
Use a tablespoon measure or my thumb to measure:

- Cream cheese
- Mayonnaise
- Oil
- Peanut butter
- Salad dressing
- Sour cream



Use a half-cup measure or my cupped hand to measure:

- Brown rice
- Cooked cereal
- Cottage cheese
- Cooked vegetables
- Mashed potatoes
- Pasta (like spaghetti)



Use a teaspoon measure or the tip of my thumb to measure:

- Jam and jelly
- Soft tub margarine

