

# Smart-size Your Portions

A portion is what you serve yourself or what a restaurant gives you—you can also think of this as a “helping.”

The reality is that a portion is sometimes larger than it should be.

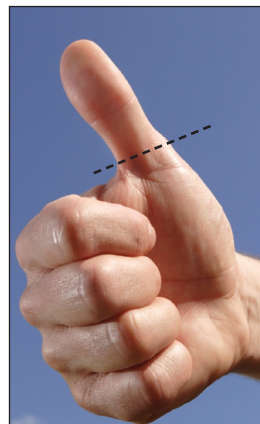
Use your hand as a guide to estimate a smart size portion.



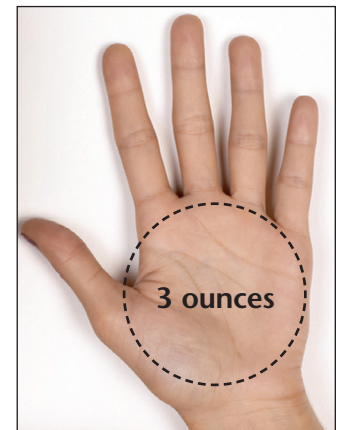
Because hand sizes vary, compare your fist size to an actual measuring cup.



Your fist is about the size of one cup or one ounce of cereal.



The palm of your hand is about the same size as 3 ounces of meat, fish, or chicken.



Your thumb is about the same size as 1 ounce of cheese.



A small handful of nuts is about 1 ounce. For pretzels, 2 handfuls equals about 1 ounce.



A handful of shredded cheese is about one ounce.