The secret to serving size is in your hand.

A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.

Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

Handful = 1-2 oz. of snack food

Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.

1 tennis ball = 1/2 cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

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

Adapted from North Carolina Nutrition Network