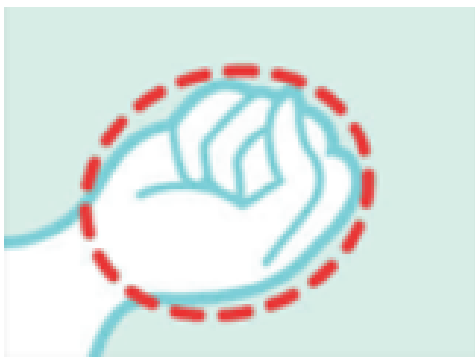


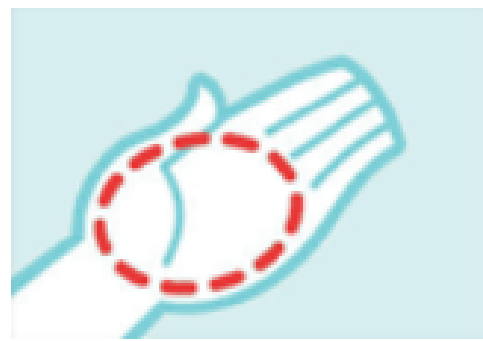
UNDERSTANDING PORTIONS

coach
~
tilda



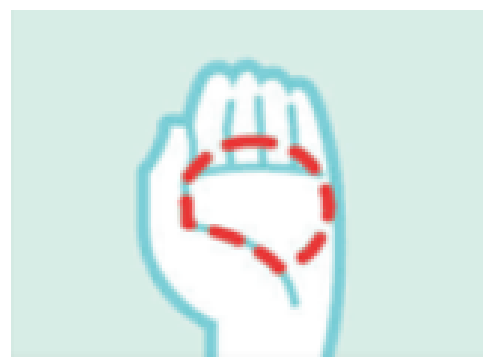
FISTFUL = 1 CUP

Fruit is an example of food you should measure by the fistful.



PALM = 3.5 - 4 OZ.

Examples of foods you would eat in the 3.5 - 4 oz category are fish and meat.



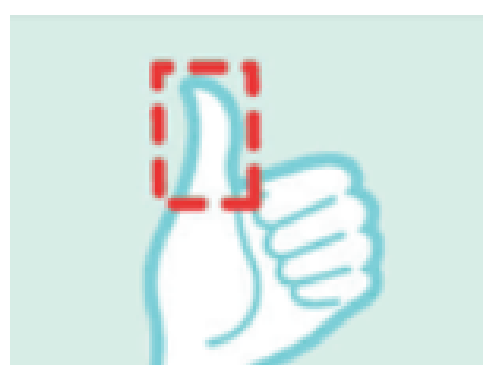
HANDFUL = 1/4 CUP

Understanding 1/4 cup as 1 handful is useful for trail mix, nuts, and seeds.



2 HANDFULS = 1-2 CUPS

Please enjoy veggies in multiple handfuls!



THUMB = 1 OZ.

Oils and nut butters are easily measured by the size of your thumb.