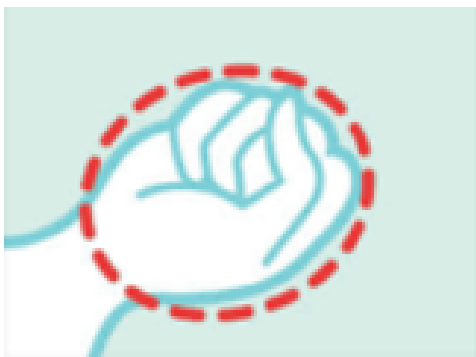


# UNDERSTANDING PORTIONS

coach  
~  
tilda



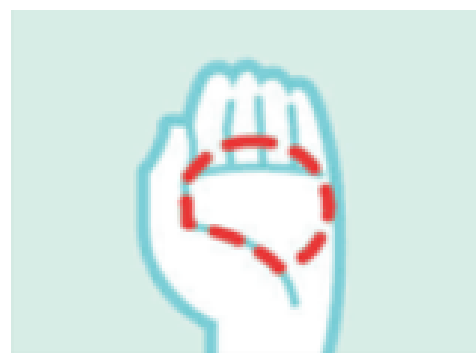
## **FISTFUL = 1 CUP**

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.



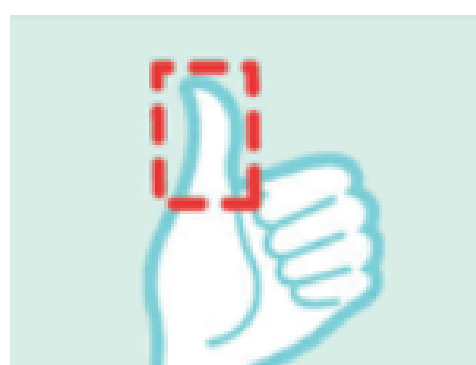
## **HANDFUL = 1/4 CUP**

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.