## Rules of Thumb on Portion Size

<table>
<thead>
<tr>
<th>Do This...</th>
<th>To visualize this measured amount...</th>
<th>Useful for these foods...</th>
</tr>
</thead>
<tbody>
<tr>
<td>One First, Clenched</td>
<td>8 fl oz</td>
<td>• Cold and hot beverages</td>
</tr>
</tbody>
</table>
| Two hands, cupped | 1 cup | • Breakfast cereal (flakes, fun shapes, and O’s)  
  • Soup  
  • Green salads (lettuce or spinach)  
  • Mixed dishes like chili, stew, macaroni & cheese  
  • Chinese food  
| One hand, cupped | 1/2 cup | • Pasta, rice  
  • Hot cereal (like oatmeal or farina)  
  • Fruit salad, berries, applesauce  
  • Tomato or spaghetti sauce  
  • Beans (cooked or canned)  
  • Cole slaw or potato salad  
  • Mashed potatoes  
  • Cottage cheese  
  • Pudding, gelatin  
| Plam of hand | 3 ounces | • Cooked meats like hamburger patty, chicken breast, fish fillet, pork loin  
  • Canned fish like tuna  
| Two Thumbs together | One tablespoon | • Peanut butter  
  • Salad dressing  
  • Sour cream  
  • Dips  
  • Whipped topping  
  • Dessert sauces  
  • Margarine  
  • Cream cheese  
  • Mayonnaise |

Note: Nutrition Facts serving sizes on product labels and Food Pyramid serving sizes may vary from the portion sizes estimated using this chart.