

# HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

**Two cupped hands = 1 ounce**

**Thumb = 1-2 tablespoons**

**Palm = 3-4 ounces**

**Thumb = 1 teaspoon**

**Fist = 1 cup**

**One cupped hand = 1/2 cup**

### HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

	<b>Palm ≈ 3-4 ounces</b> (meat, fish, & poultry)
	<b>Thumbnail ≈ 1 Teaspoon</b> (butter, margarine, mayonnaise, & oil)
	<b>Thumb ≈ 1-2 Tablespoons</b> (salad dressing, sour cream, cream cheese, peanut butter & hard cheeses)
	<b>Fist ≈ 1 cup</b> (porrid, soup, casseroles, fresh fruit, raw vegetables or salads)
	<b>One cupped hand ≈ 1/2 cup</b> (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
	<b>Two cupped hands ≈ 1 ounce</b> (chips, crackers & pretzels)

Try the leader in perfectly portioned meals created for healthy living.

**Healthy Choice**

\* indicates approximate size of serving

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