

Portion Estimator Quick Guide

When you're choosing food, *PointsPlus*® values matter, but you've also got to keep an eye on how much you're eating. Try these visual tricks for estimating portion size, using just your hand.



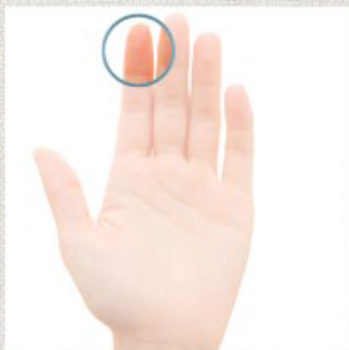
FIST
1 cup



THUMB (TIP TO BASE)
1 ounce of meat or cheese



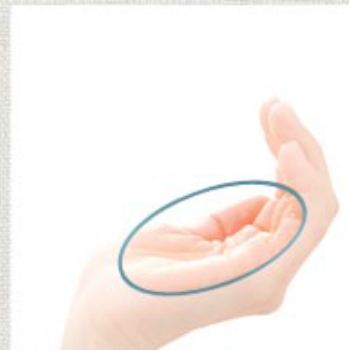
THUMB (TIP TO 1ST JOINT)
1 tablespoon



FINGERTIP (TIP TO 1ST JOINT)
1 teaspoon



FINGER (1ST TO 2ND JOINT)
1 inch



CUPPED HAND
1 - 2 oz of nuts or pretzels



PALM
3 oz of meat, fish or poultry

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