

| Hand Symbol | Equivalent | Foods | Calories |
|---|--------------------------------|--|-------------------|
|  | Fist 1 cup | Rice, pasta Fruit Veggies | 200 75 40 |
|  | Palm 3 ounces | Meat Fish Poultry | 160 160 160 |
|  | Handful 1 ounce | Nuts Raisins | 170 85 |
|  | 2 Handfuls 1 ounce | Chips Popcorn Pretzels | 150 120 100 |
|  | Thumb 1 ounce | Peanut butter Hard cheese | 170 100 |
|  | Thumb tip 1 teaspoon | Cooking oil Mayonnaise, butter Sugar | 40 35 15 |