

HOW TO MEASURE FOOD USING YOUR HAND



Clenched fist =
8 ounces (1 cup)
Cereal, fresh fruit,
casseroles, salads



Cupped hand =
4 ounces (1/2 cup)
Grains and pasta,
beans, ice cream,
cooked vegetables



Open palm =
3 ounces
Meat and fish



Thumb =
1 tablespoon
Condiments
Nut butters



Tip of your thumb =
1 teaspoon
Fats and oils

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