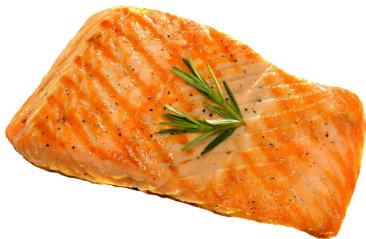


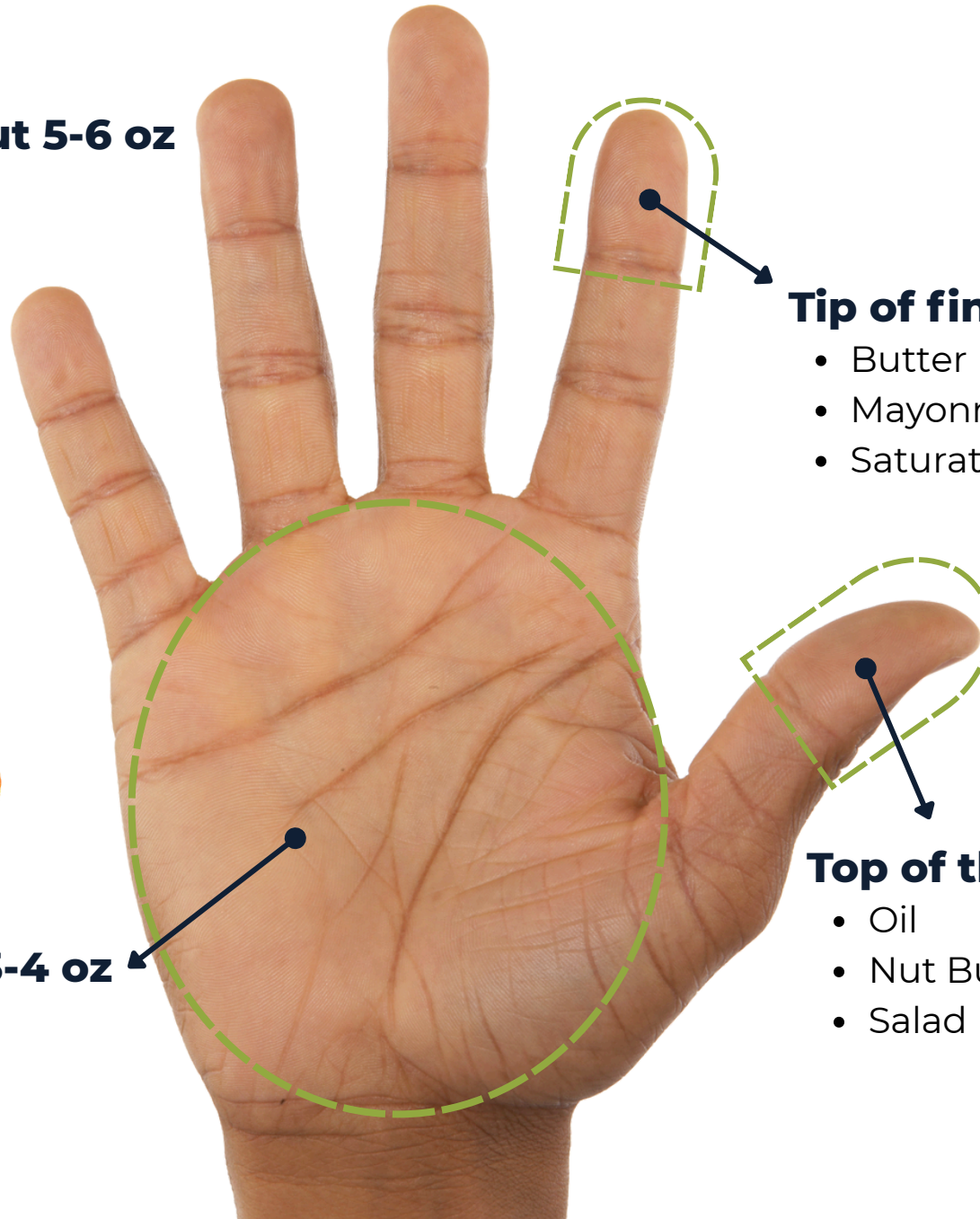
**Whole hand: About 5-6 oz**

- Cooked protein



**Flat palm: About 3-4 oz**

- Cooked protein



**Tip of finger: About 1 tsp**

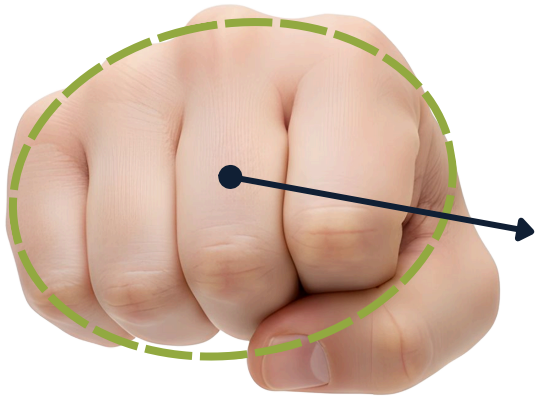
- Butter
- Mayonnaise
- Saturated Fats



**Top of thumb: About 1 Tbsp**

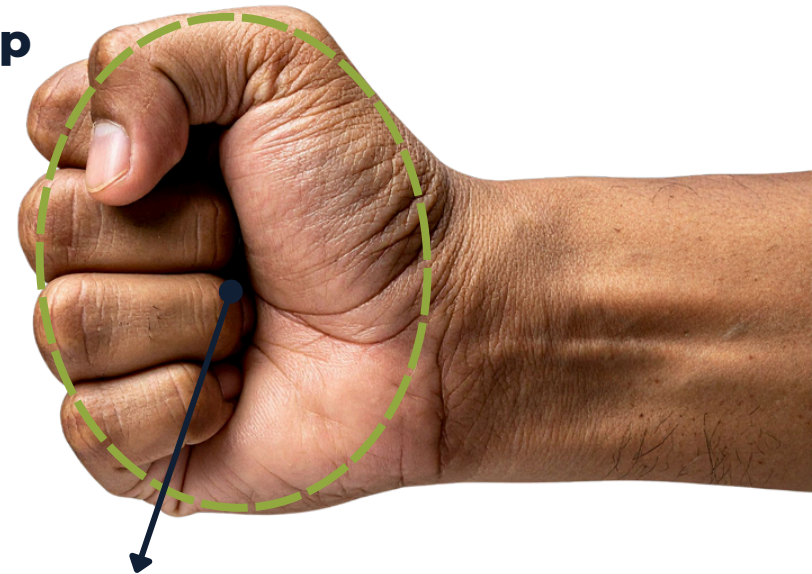
- Oil
- Nut Butter
- Salad Dressing





**Front of fist: About 1/2 cup**

- Cooked grains
- Beans
- Cooked vegetables



**Fist: About 1 cup**

- Cooked oatmeal
- Fresh fruit
- Yogurt/Milk
- Raw vegetables



**Cupped handful: About 1 cup**

- Nuts
- Dried fruit
- Trail mix

