



PORTION SIZE GUIDE



Baseball, or average sized fist,
Equivalent to about 1 cup

Serving size of raw or cooked
veggies, whole fruit or 100%
juice

Tennis ball or small, scooped
handful, Equivalent to ½ cup

Serving of 1-ounce of grains
such as oats or rice



Deck of cards or palm of hand
Equivalent to about 3-ounces

Appropriate portion of meat,
poultry or seafood



Two die or the size of thumb,
Equivalent to 1 tablespoon

Serving size of peanut or
nut butter



Postage stamp or tip of
pointer finger, Equivalent to
1 teaspoon

Serving size for oils and
other fats



- Measure foods often at first, to get an idea of what an appropriate size is. This can help you learn a proper serving size just by sight.
- It's also important to listen to your body and pay attention to when you are full.
- Read the label, portion out a serving, and use smaller bowls and plates, which can help a portion look bigger than it actually is.

Source: <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/serving-size-vs-portion-size-is-there-a-difference>

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

262.804.1068 • allisonknight@employeehc.com