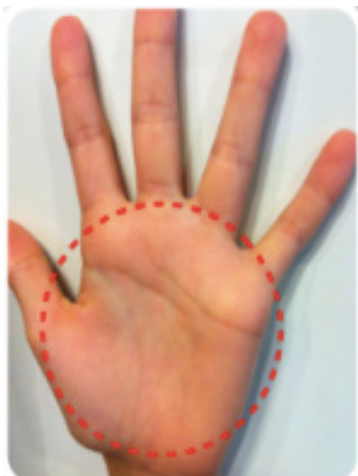
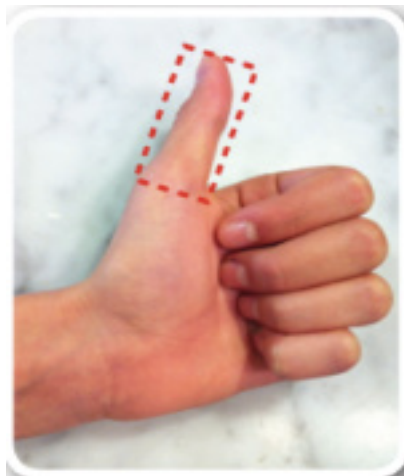


# Hands and Serving Sizes

As you change your lifestyle to incorporate more healthy food choices, it can be challenging to recognize serving sizes. One quick shortcut is to use your hand to estimate serving size.



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup