

PORTION CONTROL IS IN THE PALM OF YOUR HAND

Most people think the only way to control portions is to measure carefully with measuring cups and spoons. While these tools are the most accurate, they are sometimes easy to use. On the end of our arms, we have good instruments for estimating the amount or portion of what we eat- our hands!



The size of the palm of the average woman's hand is equal to about 1/2 cup or 4 ounces. For a man with a larger hand visualize a deck of cards.

A woman's thumb is about the size of a tablespoon, and the length from the tip of the thumb to the first knuckle is about the size of a teaspoon. Using a plastic water bottle's top is another way to estimate a teaspoon. Three of these caps will equal a tablespoon.



A woman's tight fist equals about a cup of any liquid or a cup of solid food. A baseball is also about the size of one cup.

Other ways to estimate single portions:

- 1/2 bagel should be the size of a large coffee cup lid
- One muffin should be the size of a large egg
- A tortilla should be the size of a salad plate
- Two tablespoons of peanut butter should equal a golf ball
- A serving of baked potato is the size of a computer mouse
- One waffle or pancake should be the size of a CD
- 1 1/2 ounces of cheese equals 6 dice

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