Not sure how much to eat?  
Just use your hand!

Your thumb is roughly 1 ounce. Use this to measure sliced hard cheese.

The tip of your thumb is 1 teaspoon. Use this for cooking oils, mayonnaise, condiments, or buttery spreads.

Use your fist to measure 1 medium piece of fruit or 1 cup of dry cereal, soup, or casserole.

Two hands together make roughly 1 cup. Use this to measure out raw leafy vegetables.

The size of your palm measures roughly 3 ounces. Use this as reference for meat, fish or poultry.

A cupped handful is roughly 1/2 cup. Use this to measure vegetables, potatoes, or pasta.

The tip of your thumb times 3 measures 1 tablespoon. Use this for peanut butter or salad dressing.

Hennepin County
Human Services and Public Health Department
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