

# 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.



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



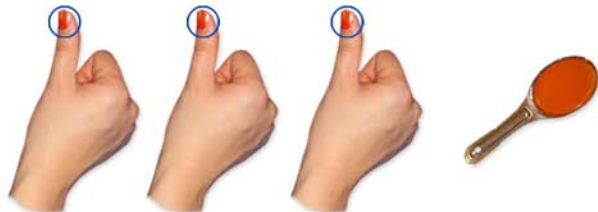
Use your fist to measure  
1 medium piece of fruit  
or 1 cup of dry cereal, soup,  
or casserole.



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



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



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



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