HAND GUIDE TO PORTIONS

The recommended pasta serving is 1/2 cup, or roughly the front of your clenched fist.

The recommended 3 oz. serving size of meat is roughly the size of your palm.

Your fingertip is about a teaspoon of butter - all the butter your toast needs.

Your thumb, from knuckle to tip, is roughly the size of a tablespoon. Double it for a single serving of peanut butter.

A clenched fist is roughly one cup, a double serving of ice cream.