

Meander Valley Council

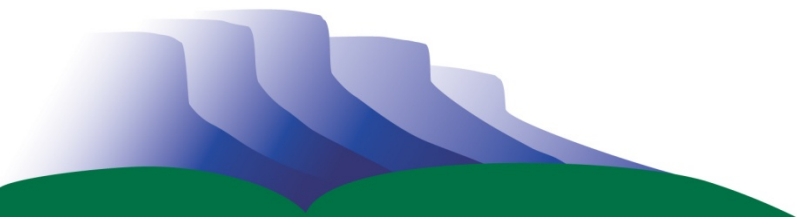
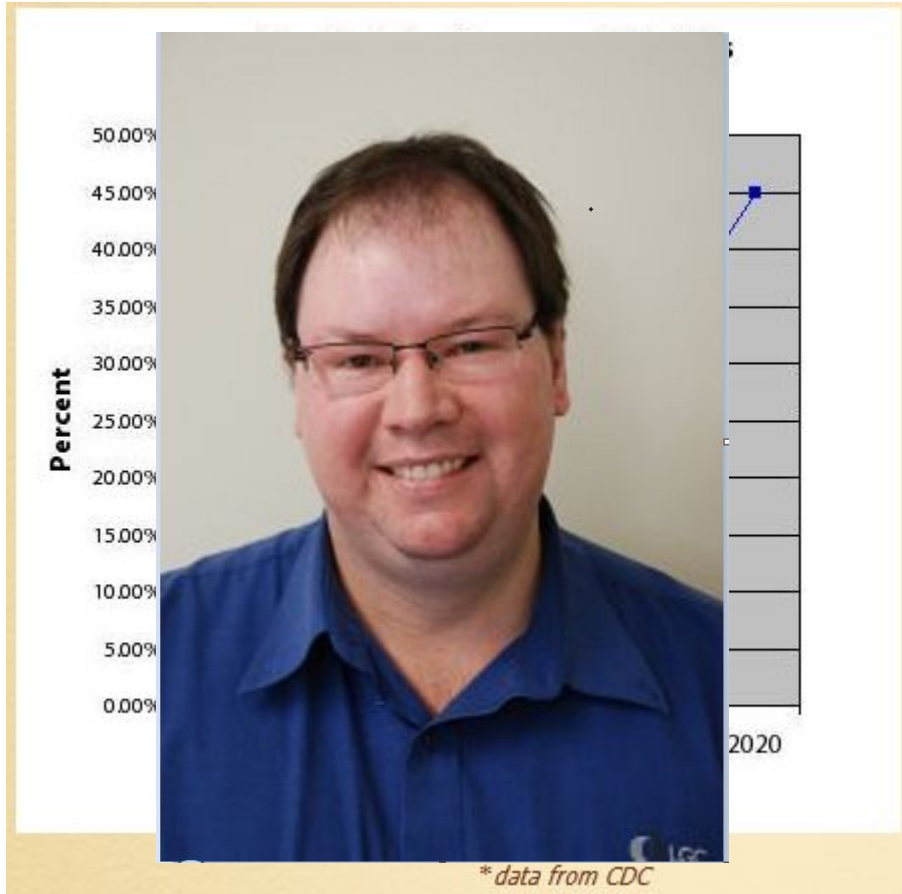
WORKING TOGETHER



Get Moving
Tasmania
Premier's Physical Activity Council
www.getmoving.tas.gov.au

LOCAL GOVERNMENT FORUM

Meander Valley Council Health and Wellbeing program; *My journey*





NG



Serving Sizes Based on Your Hand:



1 fist = 1 cup

The size of your fist also = 1 medium-sized whole fruit



Palm = 3 oz. of meat, fish or poultry

*I've also heard this measurement equated to the size of a deck of cards.

Thumb (tip to base) = 1 oz. of cheese



Thumb tip = 1 teaspoon

3 teaspoons = 1 tablespoon



Index finger (1st joint to 2nd joint) = 1 inch



Handful = 1-2 oz. of snack food

I think this is a great one!
 How often do we have a snack like this and eat handful after handful?
 Now we know that ONE handful is enough!



1 tennis ball = 1/2 cup

1/2 your fist also = 1/2 cup





thanks for your time

any questions or comments?

