Meander Valley Council Health and Wellbeing program; *My journey*
Serving Sizes Based on Your Hand:

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

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

Palm = 3 oz. of meat, fish or poultry
*I've also heard this measurement equated to the size of a deck of cards.

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

Thumb tip = 1 teaspoon
3 teaspoons = 1 tablespoon

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
MVC Health and Wellbeing program
thanks for your time

any questions or comments?