

Living Well Tip of the Week

Serving sizes on packaged food containers do not have to be the same as the Food Guide Pyramid serving sizes (Cornell)

Quick Tips – What is a serving size?

•Your Fist or Cupped Hand = 1 cup

•Your Thumb = 1 ounce of cheese

•Your Thump Tip = 1 teaspoon

•Your Palm = 3 ounces of meat

•A Handful = 1 or 2 ounces of snack food

•A Tennis ball = 1 serving of fruit



For more information on serving sizes visit the nutrition center on our Living Well Health Manager powered by WebMD at www.webmdhealth/ut and select “Managing My Health”

