

Since many have asked questions regarding nutrition, what to eat, when to eat and better yet how much to eat. I have included a very simple guideline to approximate what a serving size of the various food groups look like.

Meat, poultry, or fish such as tuna or salmon steaks (3 oz) is the size of a deck of cards



Thin white fish, such as flounder or sole (3 oz) is approximately the size of a checkbook



Cold cereal, berries, popcorn (1 cup) is approximately the size of a baseball



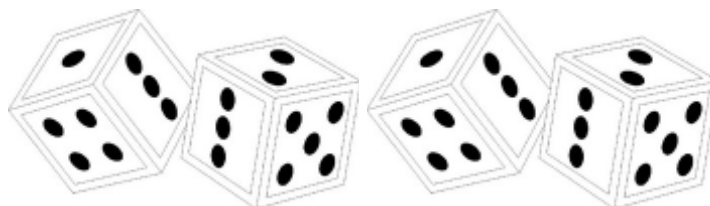
**Butter or margarine (1 tsp) is approximately
the size of a postage stamp**



Bread (1 ounce) is approximately the size of a CD case



**Hard cheese (1 ounce) is approximately
the size of 4 dice**



**Mixed nuts, dried fruit, granola, almonds,
walnuts, peanuts (1/4 cup)**



Ok, in the event you don't have any of the props listed in the section above you can also use your own hand to estimate serving sizes. Here you go. If you have really big hands this doesn't apply 😊

Meat, poultry, or fish such as tuna or salmon steaks (3 oz) is the size of the palm of a female hand



Veggies, berries (1 cup) is approximately the size of a closed fist



Butter or oil (1/2 tsp) is approximately the size of a fingertip



**Peanut butter (1 Tablespoon) is approximately
the size of the tip of a thumb**



**Meat or cheese (1 oz) is approximately the size
of an entire thumb**

