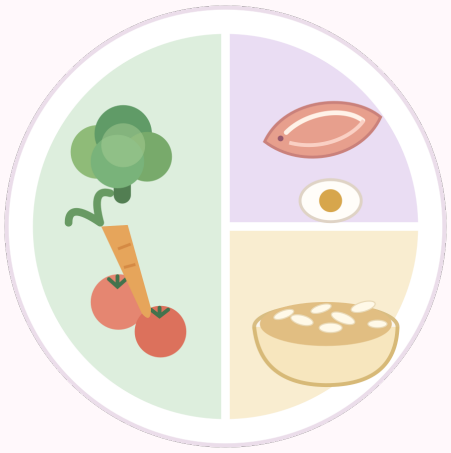
Portion Size Visual Guide

A balanced plate + everyday hand-size comparisons

START WITH YOUR PLATE

A flexible visual for many meals



1/2 VEGETABLES & FRUIT
Colorful produce; vegetables at meals

1/4 PROTEIN FOODS
Chicken, fish, tofu, eggs or beans

1/4 WHOLE GRAINS
Brown rice, oats or whole wheat

Plate sections show proportions - not calories or fixed quantities.

USE YOUR HAND AS A QUICK REFERENCE

Helpful for estimating by eye. Hand size and food shape vary.



PALM
Meat, tofu or beans
A handy visual for many protein foods



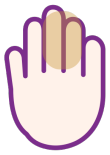
FIST
Rice, pasta or potato
Compare a starchy side with your fist



TWO HANDS
Salad or leafy greens
A generous pile of raw vegetables



WHOLE HAND
Chicken or fish
Try the length and width of your hand



TWO FINGERS
A piece of cheese
A quick cue for a small cheese portion



FINGERTIP
Butter or spread
A small amount, not a precise measure

EVERYDAY MEASUREMENT EXAMPLES

These are comparisons, not required portions or exact matches to your hand.

CHICKEN 3 oz (85 g), cooked	RICE 1 cup, cooked	BROCCOLI 1 cup, chopped	BERRIES 1 cup, fresh
LENTILS 1/2 cup, cooked	CHEESE 1 oz (28 g)	NUTS 1 oz (28 g)	NUT BUTTER 1 tbsp