

PLAN YOUR PORTIONS

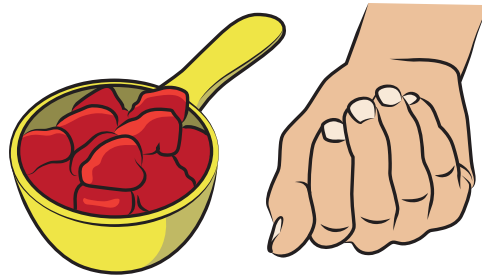


STRONG HEARTS
REHABILITATION CENTER

HOW TO MEASURE FOOD USING YOUR HAND

**NO NUTRITION FACTS?
NO PROBLEM.**

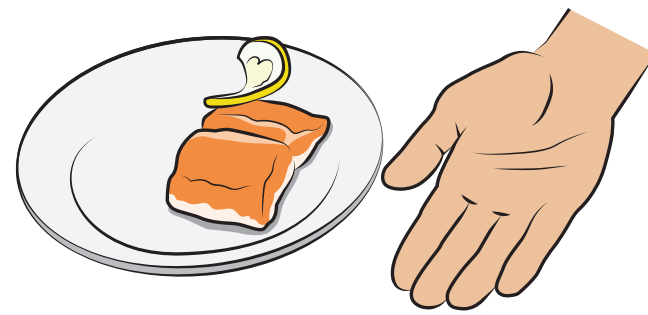
Use your hands as a guide to help select the right portions.



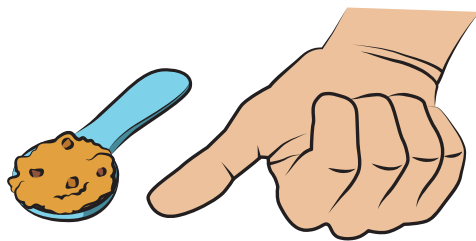
CLENCHED FIST
=
8 OUNCES (1 CUP)
Cereal, Fresh Fruit,
Casseroles, Salads



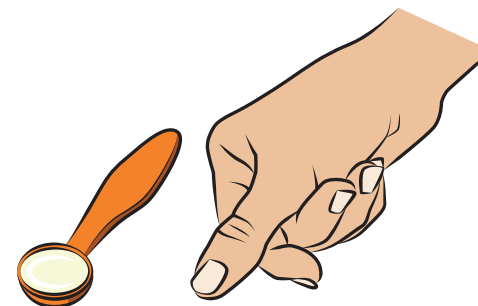
CUPPED HAND
=
4 OUNCES (1/2 CUP)
Grains & Pasta, Beans,
Ice Cream, Cooked Vegetables



OPEN PALM
=
3 OUNCES
Meat and
Fish



THUMB
=
1 TABLESPOON
Condiments
Nut Butters



TIP OF YOUR THUMB
=
1 TABLESPOON
Condiments
Nut Butters

STRONG HEARTS
REHABILITATION
CENTER

LITTLE ROCK (501) 978-3780
RUSSELLVILLE (479) 317-7010