Tips for Estimating Food Portions

1 teaspoon = the tip of your thumb
1 Tablespoon = the size of a medium thumb
1/4 cup = the size of a woman’s palm-full
1/2 cup = the size of a woman’s hand-full
the size of a medium palm, no fingers
the size of a tennis ball
1 cup = the size of a man’s hand-full
the size of a medium fist
the size of a baseball

1 medium piece fruit (1 cup) = the size of a baseball

1 ounce = the size of your thumb
the size of a 3-1/2" computer disk

3 ounces = the size of an average woman’s palm
the size of a deck of cards or smart phone