

# Estimating Portion Sizes

## Use Your Own Body



**1 fist = 1 cup or 250 mL**



**Palm of your hand = 4 ounces or 115 g**



**1 thumb tip = 1 teaspoon or 5 mL**



**1 thumb = 1 tablespoon or 15 mL**



**2 thumbs = 1 ounce or 2 tablespoons or 30 mL**

## Other Common Instruments



**1 salad dressing ladle**  
• 4 Tbsp or ¼ cup or 50 mL



**1 deck of cards**  
• 3oz or 85 g of meat, fish, or poultry



**1 muffin wrapper**  
• ½ cup or 125 mL



**1 paper clip**  
• 1 gram



**1 checkbook**  
• 3 ounces or 85 g



**Ice cream scoop**  
• ½ cup or 125 mL rice or pasta



**1 baseball**  
• 1 medium piece of fruit