

Serving Sign Language

One of the best tools for gauging a proper serving size is your hand. Although it's not 100 percent perfect, it should provide a reliable rough estimate. The best part? It's customized to fit your needs. For instance, if you're a petite woman who requires fewer calories, your hand is probably smaller than that of a tall man who requires more. Follow this guide:



A closed fist



Cup of vegetables or piece of fruit



Two fingers



Ounce of cheese



A cupped hand



Cup of dry cereal



An open palm



Single serving of meat



Tip of thumb



Teaspoon of butter

