

What Is a Serving?

1 TBSP for **FATS, OILS, SPICES AND DRIED HERBS**



The top half of the thumb is approximately 1 Tablespoon

top half of thumb


1/4 CUP for **AVOCADO, OLIVES, COCONUT, TOFU AND FRESH HERBS**



A rounded, cupped palm is approximately 1/4 Cup

cupped palm: rounded

1/2 CUP for **WHOLE GRAINS (measured cooked), LEGUMES (measured cooked) AND DRIED FRUIT**



The bottom 2 fingers of a closed fist is approximately 1/2 Cup

bottom 2 fingers

1 CUP for **CHOPPED FRUITS, MOST VEGGIES (measured raw), BONE BROTH, MILK AND YOGURT**



The 4 fingers of a closed fist is approximately 1 Cup

4 fingers of a fist


2 CUPS for **LEAFY VEGGIES (measured raw)**



The 4 fingers of 2 closed fists is approximately 2 Cups

4 fingers of a fist of 2 hands

1 OZ for **NUTS AND SEEDS, WHOLE GRAINS (measured dry), PULSE LEGUMES (measured dry)**



A level cupped palm is approximately 1 OZ

cupped palm: level

1.5 OZ for **CHEESE**




2 thumbs are approximately 1.5 OZ

2 thumbs

3 OZ for **MEAT AND SEAFOOD (measured cooked)**

3.5 OZ for **ORGAN MEAT, RED MEAT AND POULTRY (measured raw)**

4 OZ for **FISH AND SHELLFISH (measured raw)**



The palm is approximately 3-4 OZ (depending on size)

palm