

# What Is a Serving?

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



top half of thumb

The top half of the thumb is approximately 1 Tablespoon

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



cupped palm: rounded

A rounded, cupped palm is approximately 1/4 Cup

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



bottom 2 fingers

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

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



4 fingers of a fist

The 4 fingers of a closed fist is approximately 1 Cup

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



4 fingers of a fist of 2

The 4 fingers of 2 closed fists is approximately 2 Cups

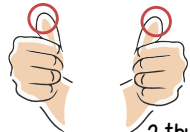
**1 OZ** for NUTS AND SEEDS, WHOLE GRAINS (measured dry), PULSE LEGUMES (measured dry)



cupped palm: level

A level cupped palm is approximately 1 OZ

**1.5 OZ** for CHEESE



2 thumbs

2 thumbs are approximately 1.5 OZ

**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)



palm

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