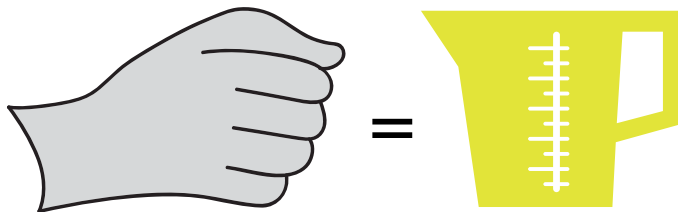


**THE SECRET TO  
SERVING SIZE IS IN  
YOUR HAND**



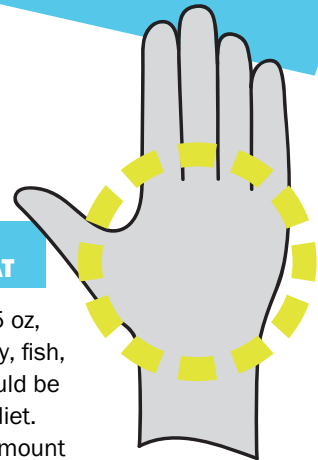
**High Five!**  
POWERED BY  
BLUE CROSS OF IDAHO FOUNDATION FOR HEALTH

THE SECRET TO SERVING SIZE IS IN YOUR HAND



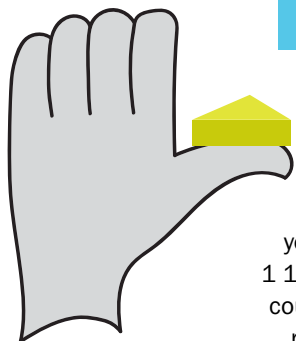
### A FIST OR CUPPED HAND = 1 CUP

1 serving = 1/2 cup cereal, cooked pasta or rice or 1 cup of raw, leafy green vegetables or 1/2 cup of cooked or raw, chopped vegetables or fruit



### PALM = 3 OZ. OF MEAT

Two servings, or 5 oz, of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.



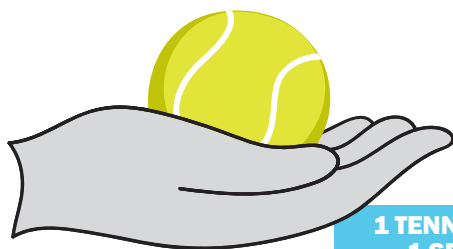
### A THUMB = 1 OZ. OF CHEESE

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2-2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



### THUMB TIP = 1 TEASPOON

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



### 1 TENNIS BALL = 1 SERVING OF FRUIT

Healthy diets include 2-4 servings of fruit a day.

### HANDFUL = 1-2 OZ. OF SNACK FOOD

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.

