

Tips for Estimating Serving Sizes

When measuring cups or spoons aren't handy, use this guide to estimate serving sizes. You can use your hand or other visuals to help you manage serving sizes in every situation.

1 Teaspoon



The size of a finger tip

1 Tablespoon



The size of a thumb

1/4 Cup



The size of an egg

1/2 Cup



The size of a handful

1 Cup



The size of a tennis ball



Serving Size Comparisons

1 Ounce chicken



=



Match box

1 Ounce meatball



=



Golf ball

3 Ounce fish, meat



=



Deck of cards

1 Ounce cheese



=



Tube of lipstick

1 Med. fruit



=



Baseball

1 Small potato



=



Computer mouse

1 Cup veggies or yogurt



=



Palm sized

1 Tsp peanut-butter



=



Size of your fingertip

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