Serving sizes on packaged food containers do not have to be the same as the Food Guide Pyramid serving sizes (Cornell)

**Quick Tips – What is a serving size?**

- Your Fist or Cupped Hand = 1 cup
- Your Thumb = 1 once of cheese
- Your Thump Tip = 1 teaspoon
- Your Palm = 3 ounces of meat
- A Handful = 1 or 2 ounces of snack food
- A Tennis ball = 1 serving of fruit

For more information on serving sizes visit the nutrition center on our Living Well Health Manager powered by WebMD at [www.webmdhealth/ut](http://www.webmdhealth/ut) and select “Managing My Health”