

Hand Symbol	Equivalent	Foods	Calories
 A hand with the thumb tucked in, forming a fist. A red dashed circle highlights the fist.	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
 A hand with the palm facing up. A red dashed circle highlights the palm.	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
 A hand with the thumb up and fingers curled. A red dashed circle highlights the space between the thumb and fingers.	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
 Two hands held side-by-side, each with the thumb up and fingers curled. Red dashed circles highlight the space between the thumb and fingers on both hands.	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
 A hand with the thumb up. A red dashed square highlights the thumb.	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
 A hand with the thumb up. A red dashed square highlights the tip of the thumb.	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15