

Get Fit - Stay Fit

RULE OF THUMB...for a healthy portion size

One healthy serving size is equivalent to the size of your hand

(based on an average-sized woman's hands)

FRUITS



Size of your fist

MEATS AND ALTERNATIVES Size of

your palm

FATS, OILS, SWEETS

Size of your thumb





VEGETABLES



Size of your two hands cupped together

BREADS AND GRAIN PRODUCTS



Size of your fist

Province of Manitoba. 2014. Keeping portion size under control. Manitoba Healthy Living. http://www.manitobahealthyliving.ca/keeping-portion-size-under-control. Accessed 20 February 2014.