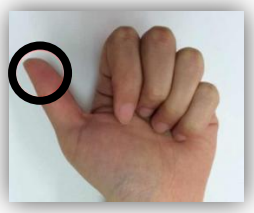
Portion Size	Hand Symbol	Foods
1 cup = **A small Fist**		Cooked rice, pasta, cereal, Fruit, Vegetables
1 ounce= **A Handful**		Nuts
1 tablespoon or 1 ounce = **Thumb**		Peanut butter Hard cheese
1 teaspoon **Tip of Thumb**		Cooking oil
3 ounces **Palm of your hand**		Meat, Poultry, FIsh

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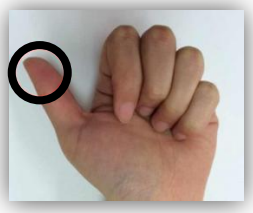
份量大小	手勢	食物
1 杯 = **小拳頭**		米飯，麵條，麥片，水果，蔬菜
1 安士 = **一把**		堅果
1 湯匙或 1 安士 = **大拇指**		花生醬， 芝士
1 茶匙= **大拇指尖**		食用油
3 安士 = **手掌**		肉，家禽，魚

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