A Handy Guide to Serving Sizes

A FISTFUL
1 cup each
- Fresh fruits and/or vegetables
- Plant-based milks & yogurts

A PALMFUL
1/2 cup or 3-4 oz
- Meat alternatives including tofu, tempeh, beans & legumes
- Grains, starches, & bread products

1/2 A PALMFUL
1/4 cup
- Nuts, seeds & avocados

A THUMB’S WORTH
2-3 teaspoons
- Fats such as margarines, oils, & nut butters

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