

# EASY WAYS TO MEASURE FOOD!

- Measure with your hand!

**FIST**  
CARBS SERVING  
ABOUT 1 CUP (150-200G)  
PERFECT PORTION OF RICE,  
FRUIT OR COOKED VEGETABLES

**FINGERTIP**  
FATS SERVING ~1 TEASPOON  
OILS, BUTTER OR MAYONNAISE

**CUPPED HAND**  
SNACKS SERVING  
ABOUT 1/2 CUP (50-80G)  
PERFECT PORTION OF NUTS  
OR DRIED FRUIT

**TWO HANDFULL**  
SALADS SERVING (FRESH SPINACH, LETTUCE)

**PALM**  
PROTEINS SERVING  
ABOUT 100G (3-4oz)  
PERFECT PORTION OF MEAT  
DOUBLE UP FOR VEGE PROTEIN

**THUMB**  
DAIRY SERVING  
ABOUT 2 TABLESPOONS  
SERVING SIZE OF CHEESE  
OR PEANUT BUTTER

- A scale works great too!



A scale I use off Amazon:

**Ozeri Digital Scale**

- However you decide to measure,  
just be consistent in your journal!

FYI: The free version of MyFitnessPal version is fine!

