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| **Diagram** | **Size** | **Food Stuff** | **Kcals** | **Portions** |
| fist.jpg | **Fist**  1 cup, 150g,  6 oz | Rice, Pasta  Fruit  Veggie | 200  75  40 | ***NO MORE THAN***  2-3 per day  2-3 per day  5+ per day |
| palm.jpg | **Palm**  85g  3 oz | Meat,  Fish  Poultry | 160  160  160 | 1-2 per day  1-2 per day  1-2 per day |
| handful.jpg | Handful  25gs  1 oz | Nuts  raisins | 170  85 | 1-2 per day  1-2 per day |
| 2 haandfulls.jpg | 2 Handfuls  50g  2oz | Crisps  Popcorn  pretzels | 150  150  150 | < 1 per week  <1 per week  <1 per week |
| thumb.jpg | Thumb  30g  1oz | Hard Cheese  Peanut butter | 100  170 | 1 per day  1 per day |
| thumb tip.jpg | Thumb tip  1 teaspoon  15ml | Olive oil  Mayonnaise, Butter  sugar | 40  35  35  15 | 1 per day  1 per day  1 per day  1 per day |

Devised by Annie Edmunds from First taste Nutrition

Handy Hand Guide