Portion Guide
Use Your Hand Or Familiar Objects To Choose Serving Size

1 cup
1/2 cup
3 ounces
1 ounce or 2 Tablespoons

2 cups leafy greens = 1 cup

1 Tablespoon
1.5 ounces
1 ounce
1 teaspoon
Portion A Healthy Plate Using These Serving Guides