

32 Mondays - Guide to Healthy Portion Sizes

Salad: Two hands together (1 cup).

Lean meat, poultry, fish: Size and thickness of the center of your palm (4 oz).

Cheese: Two thumbs (2 tbs or 1 oz).

Salad dressing, oil, seeds: Two thumbs (2 tbs).

Nuts: Two thumbs

- **walnuts:** 14
- **cashews:** 18
- **hazelnuts/pistachios:** 20
- **peanuts:** 33

Vegetables, milk, fruit, yogurt: Fist-size portion (1 cup).

Carbohydrates (cereal, pasta, rice, bread, couscous, quinoa, etc.): Fist-size portion (1 cup).

Carbohydrates (cereal, pasta, rice, bread, couscous, quinoa, etc.) deserve a special mention here, as these are the foods we tend to serve and eat twice as much as a healthy portion size goes.

Keep it one cup!

Note: If you are a corpulent person, or if you exercise a lot, your serving sizes might need to be larger.

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Food is a pleasure. Nobody deserves to be on a diet!