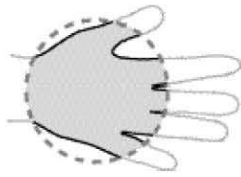


# Estimating Portion Sizes/Food Label



**Fist = 1 cup**

Example: three servings of pasta or two servings oatmeal  
(one cup pasta = three servings)



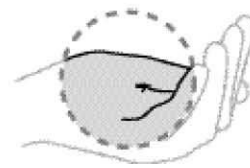
**Palm or deck of cards = 3 oz.**

Example: a cooked serving of meat



**Thumb Tip = 1 teaspoon**

Example: a serving of mayonnaise or margarine



**Handful = 1 or 2 oz. snack food**

Example: One ounce nuts = one handful  
Two ounces Pretzels = two handfuls



**Thumb = 1 oz.**

Example: a piece of cheese

## Nutrition Facts

8 servings per container  
**Serving size 2/3 cup (55g)**

**Amount per serving**  
**Calories 230**

**% Daily Value\***

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 30g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Carbs on a Food Label

**Step 1:** Look at the serving size

**Step 2:** Look at the total grams (of carbohydrate only).  
Sugars are already counted in the total carbohydrate.

**Step 3:** Use the table below to know how many carbohydrate servings you're eating.

Close to 15g	1 carb serving
Close to 30g	2 carb servings
Close to 45g	3 carb servings
Close to 60g	4 carb servings
Close to 75g	5 carb servings