

Portion Sizes

Body & health

Estimating a portion with your hand, when no scales are available.

Rough guides, useful when weighing is impractical.

Food	Portion	Roughly
Protein	Palm-sized	~100–150 g
Carbohydrate	Cupped hand	~40 g dry
Vegetables	Two fists	~150 g
Fat / oil	Thumb tip	~1 tbsp
Cheese	Two thumbs	~30 g
Nuts	Small handful	~30 g

Plate size changes intake measurably without changing hunger. A smaller plate is a simpler intervention than measuring.