

Guide to Serving Sizes and Portions

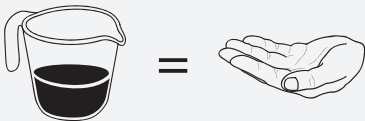
Portion Estimates



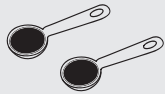
= Palm of your hand
is about a 3 oz. serving



= Fist on the table
is about 8 oz. (1 cup)



= Cupped palm
is about 4 oz. (1/2 cup)



= 2 Tablespoons
is 1 oz.

Serving Sizes

1 oz. of Meat -
1/8 inch thick
(example: luncheon meat)

1 oz. of Meat -
1/4 inch thick
(example: turkey breast
or roast beef)

3 oz. of Meat -
1/2 inch thick
(example: lean round steak)



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Your Extended Family.

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