

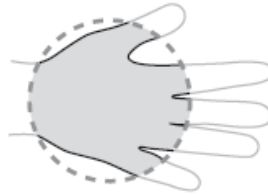
### HOW TO CHOOSE THE CORRECT PORTION:

**FIST = 1 cup**



Example:  
Three servings of cooked pasta or rice

**PALM = 3 oz.**



Example:  
One serving of cooked meat, fish

**TIP OF THUMB = 1 teaspoon**



Example:  
One serving of margarine, mayonnaise, soy sauce, oyster sauce or Hoisin sauce

**HANDFUL = 1 or 2 oz. Snack Foods**



Example:  
1 oz. nuts = 1 handful  
2 oz. pretzels = 2 handfuls

**THUMB = 1 tablespoon**



Example:  
1 tablespoon peanut butter

Sources: Caldining. Berkeley.edu

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
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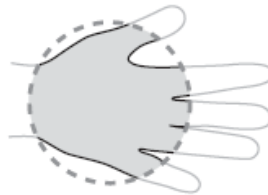
### 如何判斷正確份量:

拳頭 = 1 杯



例子:  
三份熟的義大利麵或米飯

手掌 = 3 盎司



例子:  
一份煮熟的肉、魚

拇指尖 = 1 茶匙



例子:  
一份美乃滋、人造牛油、豉油、蠔油或海鮮醬

一把 = 1 或 2 盎司小吃



例子:  
1 盎司果仁 = 1 把  
2 盎司脆餅乾 = 2 把

拇指 = 1 湯匙



例子:  
1 湯匙花生醬

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