Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

- **Grains and starches*/Fruits**
  Choose an amount the size of your fist for grains or starches, or fruit.

- **Milk and alternatives**
  Drink up to 1 cup (250 mL) of low-fat milk with a meal.

- **Vegetables**
  Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).

- **Meat and alternatives**
  Choose an amount the size of the palm of your hand and the thickness of your little finger.

- **Fat**
  Limit fat to an amount the size of the tip of your thumb.

*Food group names taken from Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management. © Canadian Diabetes Association, 2014.*