

fit³

Easy Portion Sizes



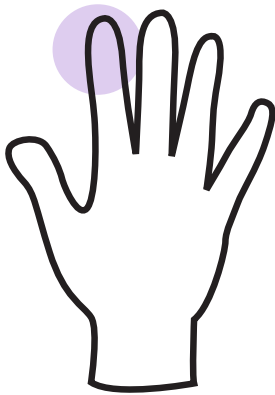
fist = 1 cup



thumb = 1 oz.



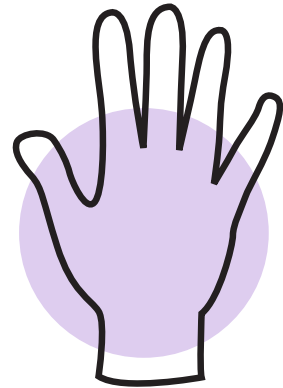
thumb tip = 1 tbsp.



fingertip = 1 tsp.



handful = 1 - 2 oz.



palm = 3 oz.

