



## Tamaños de Porciones Ilustradas



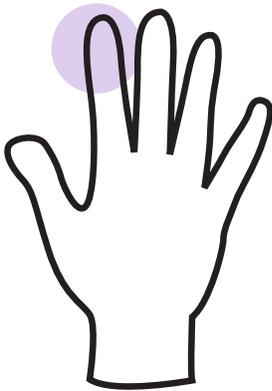
Puño = 1 taza



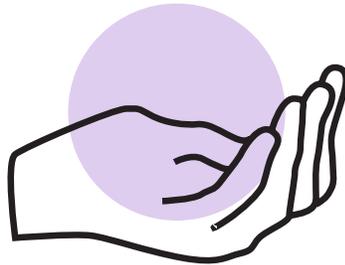
Pulgar = 1 onza



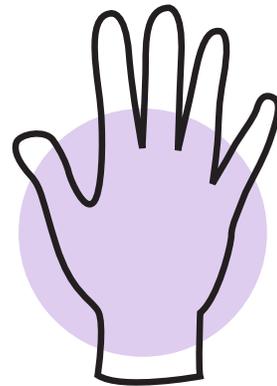
Punta del  
dedo pulgar = 1 cucharada



Punta del  
dedo índice = 1 cucharadita



Mano llena = 1 a 2 onzas



Palma = 3 onzas

