<table>
<thead>
<tr>
<th>HANDFUL</th>
<th>FINGERS ARE</th>
<th>APPROX. NUMBER OF NON-SUGARY CARB SERVINGS</th>
<th>APPROX. NUMBER OF SUGARY CARB DESSERT SERVINGS</th>
<th>APPROX. NUMBER OF CANDY CARB SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>large</td>
<td>not touching</td>
<td>2 (30 grams)</td>
<td>4 (60 grams)</td>
<td>8 (120 grams)</td>
</tr>
<tr>
<td>medium</td>
<td>just touching</td>
<td>1 (15 grams)</td>
<td>2 (30 grams)</td>
<td>4 (60 grams)</td>
</tr>
<tr>
<td>small</td>
<td>overlapping</td>
<td>1/2 (8 grams)</td>
<td>1 (15 grams)</td>
<td>2 (30 grams)</td>
</tr>
</tbody>
</table>

- breads, potato, rice, barley
- pasta, starchy beans, grits, yams
- oatmeal, non-sugary cereals
- corn, peas, winter squash
- popcorn, crackers, pretzels, chips
- fruit, juice, nectars
- milk, non-sugary yogurt

- cake, pie, cookies, bars
- pastries, donuts
- cake muffins
- sherbet, frozen yogurt
- ice cream
- pudding, custard
- sugary yogurts

- chocolate
- gummy candy
- caramel, taffy
- hard candy
- ice cream
- marshmallows
- syrup, honey
- jelly, jam