

How big is one meal of fish?

A fish meal size is 8 ounces uncooked or about 6 ounces cooked for a 160-pound adult. If you weigh more or less than 160 pounds, add or subtract one ounce to your serving size for each 20-pound difference in body weight.

Your Weight	Meal Size (uncooked)
160 lb.	= 8 oz.
140 lb.	= 7 oz.
120 lb.	= 6 oz.
100 lb.	= 5 oz.
80 lb.	= 4 oz.
60 lb.	= 3 oz.
40 lb.	= 2 oz.
20 lb.	= 1 oz.



A "meal" appropriate to your body size is about the size of your hand.



A can of tuna contains 6 ounces of cooked tuna.



An adult thumb = 1 oz.