

USING PORTION CONTROLS IN YOUR DIET

Understanding Portion

Control:

Most restaurants offer huge plates of food and drink cup sizes that are anywhere between 20-40 ounces that's 2-5x the size of a normal 8 ounce cup. It can be hard to know how much to eat.

It can also be difficult to portion out food at home when dinner plates now come in huge sizes, and every kitchen container seems to have tripled in size.

Learning how to portion out food doesn't have to be difficult and can lead to benefits that include, weight loss, maintaining a healthy weight, reduced risk of obesity, your body naturally feels full, and you can save money.



Portion Control Tips:

- Use smaller plates, your plate will look full, but you will be eating less in other words a healthy portion of food.
- Eat half or less, share you meals with family or friends. When eating out eat half and save the rest for later or ask for a box as soon as your meal comes and place half the meal in the box before you start eating.
- Slow down, give yourself time to savor the meal in front of you and allow proper digestion. You will notice how you feel full quicker this way.
- Pre portion out snacks, high calorie foods like nuts, crackers, trail mixes can really add up in calories if you're not careful. Try to pre portion out eat serving by measuring and placing on containers or bags that way next time you reach for a snack it will already be ready to go in the right portion size.



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Hands and Portion Control: You don't necessarily need measuring spoons or cups to portion out your food. Instead you can use your hands.

- Milk and Milk products
 - Cheese (string cheese)- the length of your pointer finger= 1 ½ ounces
 - Milk and yogurt (milk)- one fist= 1 cup
- Vegetables
 - Cook vegetables- one fist= 1 cup
 - Salad bowl- two fists= 2 cups
- Fruit
 - Apple- one fist= 1 medium apple
 - Canned or diced fruit- one fist= 1 cup
- Grains, Breads, and cereals
 - Dry cereal- one fist= 1 cup
 - Noodles, rice, oatmeal- handful= ½ cup
 - Slice of whole wheat bread- flat hand= 1 slice
- Meat, Beans, and Nuts
 - Chicken, beef, fish pork- palm of hand= 3 ounces
 - Peanut butter/oil- thumb= 1 tablespoon



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