

Exercise Your Right to

Take

Smaller Portions



What's a portion?

A portion is the amount you choose to eat. Many people choose portions that are larger than the recommended serving size.

Larger portions = more calories!

Portion sizes of packaged foods have been growing since the 1970's – a bottle of soda pop has almost tripled in size! Bagels have doubled in size and calories. Research shows that people who are served larger portions tend to eat more calories in one sitting. They also do not adjust how much they eat at the next meal. All of those extra calories add up and lead to weight gain!

Practice portion control at home:

- Read the label—the Nutrition Facts area tells you the serving size
- Use smaller plates, bowls, and cups! Dishes have grown in size by about 33% and we tend to fill them up.
- Serve food on individual plates instead of family style. Don't refill and put extra food in the refrigerator before beginning the meal
- Avoid watching TV while eating so you can think about and enjoy your food
- Grab a snack if you get hungry between meals such as a piece of fruit or low-fat cheese and whole grain crackers – you'll be less likely to overeat later
- Divide large snack food packages into smaller, individual serving-sizes instead of eating straight from the package

Practice portion control when eating out:

- Split an entrée with a family member or friend
- Ask for a to-go box and wrap half your meal right away
- Order an appetizer or salad as your main course, but avoid the fried items
- Stay away from buffets! Choose restaurants that offer reasonable serving sizes

Take the next step – be sensible about your portion sizes.

Use your hand to guide you:

- Fist = 1 cup (beverages, cereal, casseroles, soups, fresh fruit or vegetables, salads)
- Cupped hand = ½ cup (pasta, rice, beans, Potatoes, cooked fruits or vegetables, pudding, ice cream)
- Palm = 3 oz. (beef, pork, poultry, fish)
- Thumb = 1 tbsp. (salad dressing, peanut butter, sour cream, cream cheese)
- Thumb tip = 1 tsp. (butter, margarine, mayonnaise, oil)

Eat your meals at the table with family and friends. Let yourself enjoy the food.