

Sizing Up Portions to Create a Better Plate

The key to healthful and delicious eating is to watch your portions.

Try these quick and easy ways to eat less and enjoy more taste and nutrition in every bite.

Know the difference between serving and portion sizes:

They are often used interchangeably, but they actually mean different things.



A **"serving"** is the amount of food recommended - such as in MyPlate. A **"portion"** is the amount of food you choose to eat at any one time or that is served to you when eating out, which may be more or less than a serving.

Prepare your portioned meals in advance:

Preparing your week of lunches in portioned containers can help with eating on-the-go as well as maintaining smaller meal sizes.



Start with a small serving:

Small servings may be all you need and you can always have more if you are still hungry.

Use small dishes and glasses:

It really works. Smaller plates and taller, thinner glasses make you think that you're getting more with less.



Packaging can be friend or foe:

If you have trouble overeating certain foods, don't buy large package sizes. Buy individual snack size bags or put into single serving snack bags as soon as you get them home from the store.



Listen to your body's cues:

Your internal signals of hunger and satisfaction can help you eat right, **if** you listen to them.

Savor your meal:

Eating slowly enhances enjoyment of food and gives your brain time to let you know you're full.



Downsize when eating out:

Many meals out are 2-4 times larger than you need.

→ **Try This!** Order an appetizer or side-dish instead of an entrée at restaurants.

Always go for the small size:

At fast-food restaurants, order small or regular items (drinks, burgers, and fries) or you can even order a kid's meal.

Sharing is good:

Sharing meals when eating out is a great way to save money and calories too.

Take some home:

Ask your server to put half of your meal into a "to-go" container right away, or bring a box to the table.

Prepare less food for meals:

Large amounts of food make people eat more. Put leftovers away right away.



Eat regular meals and snacks:

When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.

Picture this for Proper Portions

Baseball or Woman's Fist =



About 1 Cup

Green salad, frozen yogurt, medium piece of fruit, or baked potato

Rounded Handful =



About 1/2 Cup or 1 oz.

Cut fruit, cooked vegetables, pasta, rice, cereal, pretzels or snack foods

Large Egg or Golf Ball =



About 1/4 Cup

Dried fruit, nuts and seeds

Deck of Cards =



About 3 Ounces

Meat, poultry

Checkbook =



About 3 ounces

Grilled fish

Six Dice =



About 1.5 Ounces

Natural cheese

1 Die =



About 1 Teaspoon

Margarine, butter, spreads

Thumb tip =



About 1 Tablespoon

Mayonnaise, oils

Portion Size Explosion!

Today's 6-inch bagel has **350** calories. This is **210** more calories than a 3-inch bagel 20 years ago.



If you rake leaves for **50 minutes** you will burn approximately **210 calories**.

Today's fast food cheeseburger has **590** calories. This is **257** more calories than a portion 20 years ago.



If you lift weights for **1 hour and 30 minutes**, you will burn approximately **257 calories**.

Today's 6.9 ounce portion of French fries has **610** calories. This **400** more calories than a 2.4 ounce portion 20 years ago.



If you walk leisurely for **1 hour and 10 minutes**, you will burn approximately **400 calories**.

Information from National Heart Lung and Blood Institute