



QUICK TIPS FOR PORTION CONTROL

- **Read the label.** Use the nutrition facts label to identify what the serving size is. Checkout the FDA website on how to read a nutrition facts label.
- **Do not eat from the package.** We are more likely to eat more than one serving when eating straight out of a package, try portioning out your food to remain mindful of the amount you are eating.
- **Use what you have learned about portion control.** Measure out your portions to visualize a serving size. You can even try using a smaller bowl or plate to make a portion size appear larger and leave you feeling satisfied.
- **Take your time.** Pay attention to how you are feeling before opting for another serving of food. It takes time for our stomach and gut to signal our brains when we are feeling full.

A BETTER PERSPECTIVE ON PORTIONS






Having an understanding of portion control and serving sizes of foods is one way to maintain a healthy weight. Even if you are not interested in losing weight, it is still important to be aware of serving sizes and the amounts recommended for you. When it comes to deciding how much to eat, the terms serving size and portion size are often used interchangeably. However, they do not mean the same thing.

Serving size is a standardized amount of food. It may be used to quantify recommended amounts or represent the amount of food that people typically consume on a Nutrition Facts label.

Portion size is the amount of a food you choose to eat – which could be more or less than a serving.

Try measuring foods regularly to get an idea of what the serving sizes look like. Overtime it becomes easier to visualize the appropriate amount. Learning serving sizes is a valuable tool, but always to listen to your body while eating. If you are still hungry after eating one serving, you may need more food or you may also feel full on less than one serving, either way, being in tune with your body while eating is important.

A Guide to Portion Control: You can visualize how much a portion of food is by comparing the serving sizes of foods with familiar objects.

<p>One tablespoon of salad dressing, sour cream or mayonnaise is about the size of two thumbs.</p> 	<p>Eight fluid ounces of a cold or hot beverage is about the size of your fist.</p> 
<p>A half cup of pasta or rice is about the size of a tennis ball.</p> 	<p>One ounce of cheese is about the size of four dice.</p> 
<p>A half cup of fruit or vegetables is about the size of the mouse on your computer.</p> 	<p>Three ounces of meat, poultry or fish is about the size of a deck of playing cards.</p> 