

# Control portion sizes

It's all about portion control!

- First, learn how much food you need. Get a personalized MyPlate Plan at [myplate.gov/eat-healthy/what-is-myplate](https://myplate.gov/eat-healthy/what-is-myplate) that identifies how many cups, ounces, etc. of different foods you should eat for your daily needs.
- Use measuring cups, spoons, etc.
- Estimate portions. One cup of cereal is about the size of 2 hands, cupped. Three ounces of meat is about the size of a computer mouse. One Tbsp. is the size of 1 thumb.
- Limit second helpings, especially of foods high in fat and sugar.

