



Control Portions

Compared to years past, people are eating larger portions. The super-sizing of foods is one reason people's waistlines and body weights are super-sizing, too.

GET THE FACTS

A portion is the amount you eat at a meal or snack. A serving is a measured amount (i.e., 1 slice of bread or 8 ounces of soda). One portion can contain multiple servings. Many portion sizes have more than doubled in the past 20 to 30 years. Supersized portions may be a good deal for your wallet, but not for your health. Use the serving sizes recommended at myplate.gov and learn to read the Nutrition Facts section on food labels.

ACTION STEP

Eat meals at regular intervals to avoid the urge to snack. Buy single-serving snacks or make them on your own. Avoid distractions, such as watching screens when you eat.

20 YEARS AGO
1.5 ounce muffin
210 calories



TODAY
4 ounce muffin
500 Calories



SIMPLE MEASURING TOOLS FOR SERVING SIZES:

	1 cup	= baseball or 1 clenched fist
	½ cup	= Computer mouse or 1 hand cupped
	3-4 oz.	= Deck of cards
	1 oz.	= Size of 1 domino
	1 Tbsp.	= Volume of 1 thumb
	1 teaspoon	= 1 die or tip of 1 thumb