

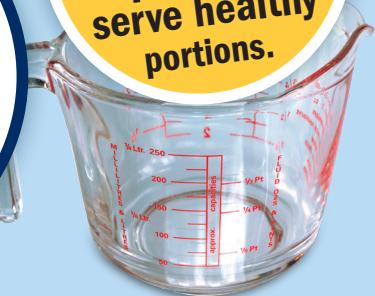
1 Check food labels. Make sure you know what portion the nutrition information relates to. It might be different to the amount you would normally eat. Try to stick to the serving sizes recommended at myplate.gov.



2 Stick to one serving. A 20-ounce bottle of soda may quench your thirst, but count it as 2.5 servings, not one.

3 Location, Location, Location. To better control portions, eat at home and at restaurants that limit portions. Avoid buffets and "all-u-can-eat" places.

4 Use measuring cups and spoons to serve healthy portions.



Wellthier by the Dozen™

12 Terrific Tips to

CONTROL PORTIONS

5 Compare serving sizes to everyday objects. One medium fruit is the size of a baseball; two tablespoons of peanut butter are the size of a ping pong ball.



6 Use the tip of your thumb as a measurement tool. It equals about 1 ounce of cheese.



7 A small fist also works. It equals a 1/2 cup of fruit, vegetables, or starches, like rice and potatoes.

8 One meat serving is 3 ounces or the size of a deck of cards.



9 Eat off of smaller dishes, bowls, and plates so your brain thinks that you are eating more.



11 Just say no to special value meals that offer larger portions and more calories.



10 When eating out, ask your server to box up half your meal to keep you from overeating. Or, order one meal and share it.

12 Eat slowly to give your brain the 20 minutes it needs to signal that you are full.