

# Portion Control

SIZE MATTERS

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.

## 20 YEARS AGO

1.5 ounce muffin

210 calories



## TODAY

4 ounce muffin

500 Calories



## GET THE FACTS

One portion of a food or beverage is often more than one standard serving. Get standard serving sizes from [www.choosemyplate.gov](http://www.choosemyplate.gov). Just because soda comes in a 20-ounce size doesn't mean it counts as one serving. (It's actually 2½ servings.) Read the Nutrition Facts section on food labels. It lists serving size, number of servings, calories per serving, and other nutrition-related information.

## EATING IN VERSES EATING OUT

It is easier to control portions when you eat at home, but you can stay on course when you eat out if you share a meal and avoid special value meals that offer larger portions for just a few cents more. Wherever you eat a meal, take your time. Your brain needs about 20 minutes to get a signal from your stomach that you are full.



## USE SIMPLE MEASURING TOOLS FOR SERVING SIZES



1 cup = 2 hands cupped or 1 clenched fist



½ cup = Computer mouse or 1 hand cupped



2-3 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