

Portion Control

SIZE MATTERS

Compared to years past, people are eating larger portions.

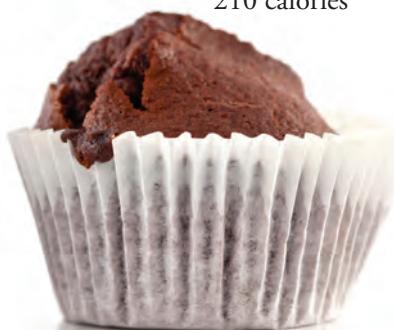
The **super-sizing** of foods is one reason people's waistlines and body weights are **super-sizing**, too.

TODAY

4 ounce muffin
500 Calories

20 YEARS AGO

1.5 ounce muffin
210 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. 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.

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 TV when you eat.

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