



## Portion Size 101

Succeeding at weight loss just got a little bit easier.

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In a world where 21-ounce cans of soda containing 210 calories and 58 grams of sugar is considered medium size, figuring out what a “normal” portion looks like can be tricky. Even healthy foods can be taken out of proportion. How many servings of salad did you really put on your plate? And what do health experts mean when they recommend eating two servings of fish a week? Understanding what constitutes a “normal” portion size will help you cut back and take control.

### How to Eyeball It

A good way to measure out normal portions is to size your food against commonly used objects. Here what one serving of the following looks like:

#### Breads, Cereals, and Grains

1 slice of bread  
size of an index card  
1 small roll  
size of a yo-yo  
1 bagel  
a [5 oz.] can of tuna  
½ cup of rice or pasta  
enough to fill a cupcake liner

#### Fruits and Vegetables

1 medium orange or apple  
size of a tennis ball  
¼ cup dried fruit

size of a large egg  
1 cup of green salad  
size of an adult fist  
1 small potato  
size of a computer mouse

### **Proteins (Meats and Nuts)**

1 oz. of nuts  
size of a ping pong ball  
3 oz. of meat (beef, chicken, fish, pork)  
size of a deck of cards  
2 tbs. of peanut butter  
size of two tea bags

### **Dairy**

1 cup of milk  
[8 oz carton]  
1 scoop of fat free frozen yogurt  
[1/2 a baseball]  
1 oz. of cheese  
size of a pair of dice

### **Fats**

1 tsp. of butter or margarine  
distance between the tip of your thumb to the first joint on your thumb

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## **Tips On Becoming a Smarter Eater**

Losing weight is not only about eating healthier, it's about knowing how much to eat and learning when to resist getting seconds. Think about the following the next time you sit down to a meal or a snack:

Visualize what one serving of each of the foods you are about to eat looks like.

Make it a habit to read food labels.

When dining out, before you start eating, ask for a doggie bag and set half aside for later. This way, you won't be tempted or feel obligated to eat the whole meal.

Avoid super-sizing. The price per ounce may be cheaper when you do the math, but it's just not worth it when it comes to successful weight loss.

Avoid the all-you-can-eat buffets. Temptation is everywhere there.