



Portion Control



How Many Portions Are You Really Eating?

Have you ever ordered a value meal at a fast food chain and been told that you could supersize it for only a small amount more? Many consumers choose the supersize because as consumers, we shop for value. However, you may be doing yourself or your child a major disservice. Larger portions encourage people to eat more, making it more difficult to balance your energy intake with enough physical activity to maintain your weight. Misjudging food serving sizes is one of the most common mistakes people make when selecting food. A portion size is the amount of food one chooses to eat. A serving size is a standard amount that gives guidance

as to how much to eat or identifies how many calories and nutrients are in a food. For example, a serving size of cooked spaghetti is ½ cup, but the average portion size is 2 cups or 4 servings! Compare the amount of food you usually eat to the serving size on the package. Chances are that you may be eating two, three, or four times the serving amount. Making good choices about the amount of food you eat and understanding serving sizes can make a big difference in both your health and your weight!

Portion Distortion

Over the past 20 years the average portion size in homes, in grocery stores, and in restaurants has dramatically increased. At the same time, the average amount of daily physical activity that people do has decreased over the past 20 years. Here are some examples of just how much the average portion size has increased!

	20 Years ago	Today
Bagel	3" diameter and 140 calories	6" diameter and 350 calories
Cheeseburger	333 calories	590 calories
French Fries	2.4 ounces and 210 calories	6.9 ounces and 610 calories
Movie Theatre Popcorn	3 cups	16 cups





How to Control Portions At Home And On The Road

- Help children learn what a serving looks like
- Package snack foods in individual servings
- When eating out, share your meal or take half of it home
- Limit visits to all you can eat buffets, as they promote overeating
- Help children learn to stop eating when they are full and don't encourage them to clear their plate
- Use small dishes and glasses
- Serve yourself a portion. Don't eat out of the bag.

Tuna Mac Salad

- 2 cups macaroni, cooked
- ½ cup lite mayonnaise
- 1 cup celery, chopped
- ¼ tsp salt
- ¼ cup bell pepper
- ¼ tsp pepper
- 15 oz white tuna in water
- 1 cucumber chopped

Combine all ingredients and chill for 2 hours. Serves 4.

What Is A Serving?

• Fresh fruit or vegetables	1 cup or the size of your fist
• Canned fruit or cooked vegetables	½ cup or half a tennis ball
• Starchy vegetables or dried beans	½ cup or half a tennis ball
• Bread	1 slice
• Dry cereal	¾ cup
• Cooked cereal	½ cup or half a tennis ball
• Rice or pasta	½ cup
• Dairy products	1 cup or the size of your fist
• Lean meats, chicken and fish	3 ounces or the palm of your hand
• Oil, margarine, or butter	1 teaspoon or the size of your thumb tip



SmartBite

Remember when you go to a restaurant ask the server to put half of your serving in a to-go box to help healthy portion control.

