



Tips to Measure Food and Portion Control



1-USE SMALLER DINNERWARE

Studies have shown that simply using smaller plates and bowls can lower the amount of food you eat for you to feel full.

2-USE YOUR PLATE AS A MEASURING GUIDE

For lunch and dinner $\frac{1}{2}$ your plate should contain a salad or veggies. Then $\frac{1}{4}$ of your plate should contain protein. On higher carb days $\frac{1}{4}$ of your plate should contain a complex carbohydrate. This is not exact but gives you a good idea.

3-USE A KITCHEN SCALE

At first, it might be helpful for you to invest in a kitchen scale. This is to teach you how to gauge how much foods weigh. Eventually you learn how to eyeball it yourself.

4-USE YOUR HAND AS A SCALE

- A fist or cupped hand = 1 cup 1 serving for all vegetables and rice.
- Palm = 3-5 oz. of meat. Dependent on the size of your hand.
- Thumb tip = 1 tablespoon. From the knuckle up.
- Tip of your finger = can be approximately one teaspoon. Three teaspoons equals 1 tablespoon.

5-WHEN EATING OUT EAT ONLY $\frac{1}{2}$ YOUR MEAL

Restaurants typically serve up to 2 times the normal serving sizes. Share your meal with another person, order a kids meal, or eat half your meal and save the other half as left-overs.

6-EAT SLOWLY

Eating quickly makes you less aware of getting full — and therefore increases your likelihood of overeating. As your brain can take around 20 minutes to register that you are full after eating, slowing down can reduce your total intake.

7-DO NOT EAT DIRECTLY FROM THE CONTAINER

Eating food from larger packages or containers encourages increased intake. Try re-portioning snacks into individual portions and serving family meals from plates to prevent overeating.

8-BE AWARE OF TYPICAL SERVING SIZES

Knowing recommended serving sizes for commonly eaten foods can help you moderate your intake.

- Cooked pasta or rice: $\frac{1}{2}$ cup (75 and 100 grams, respectively)
- Vegetables and salad: 1–2 cups (150–300 grams)
- Breakfast cereal: 1 cup (40 grams)
- Cooked beans: $\frac{1}{2}$ cup (90 grams)
- Nut butter: 2 tablespoons (16 grams)
- Cooked meats: 3 ounces (85 grams)