



A Better Perspective On Portions

Super-sized foods are everywhere. Studies show that people unknowingly eat more when offered large amounts of food. Many believe that ballooning portion sizes are linked to the growing problem of obesity. Portion size is the amount of a food that's on your plate or in packaged foods. In the past 40 years, portion sizes for many packaged foods have skyrocketed, as have the number of restaurants serving huge plates of food.

One of the most difficult tasks many of us have in managing our weight is controlling the amount of food we eat. Too often we eat past our fullness due to the "clean your plate" mentality. Controlling the amount of food you eat is not always an easy task. Below is a practical way to keep tabs on the amount of food you're eating, since most of us don't measure or weigh out food on a daily basis.









Portion vs. Serving Size

A serving size is a standardized amount of food with a specific calorie and nutrient count. With oversized portions everywhere, it's important to know how many servings of food you're eating. Check for serving size on food labels or at www.health.gov/dietaryguidelines.

A Guide to Portion Control

Portion control is an important factor to keep in mind when striving to lead a healthier lifestyle. The following chart shows some simple ways to remember what the proper portion size is for certain food items.

<p>One tablespoon of salad dressing, sour cream or mayonnaise is about the size of two thumbs.</p> 	<p>Eight fluid ounces of a cold or hot beverage is about the size of your fist.</p> 	<p>A half cup of fruit or vegetables is about the size of the mouse on your computer.</p> 
<p>A half cup of pasta or rice is about the size of a tennis ball.</p> 	<p>One ounce of cheese is about the size of four dice.</p> 	<p>Three ounces of meat, poultry or fish is about the size of a deck of playing cards.</p> 

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