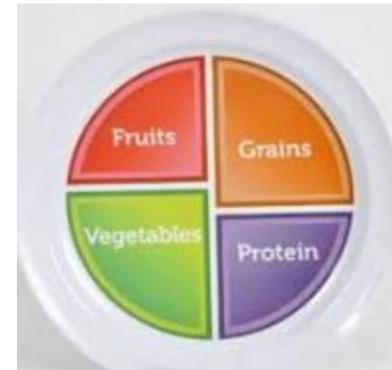




PORTION CONTROL



Learn how to eye up
serving sizes.

Portion Control

Can you serve the correct serving size of these foods?



Portion Control

Can you serve the correct serving size of these foods?



1 Cup / 140 grams



$\frac{3}{4}$ Cup / 30 grams



$\frac{3}{4}$ Cup / 138 grams



$\frac{1}{2}$ Cup / 70 grams

Portion Control

“Serving Size” and “Portion” are not the same. But over the years they’ve been used interchangeably.

A **"serving"** is the amount of food recommended in consumer education materials such as MyPlate.gov or what is listed on the nutrition label as a “Serving Size”



Nutrition Facts
Serving Size 1/2 Cup (65g)
Servings Per Container: 12

Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	

1/2
In this example, one serving is 1/2 cup



A **"portion"** is the amount of a food you choose to eat at any one time — which may be more or less than a serving.¹



What we normally view as 1 “Serving” of Ice Cream!

Portion Control

What methods have you used to control your portions?

Digital Food Scale



Measuring Cups & Spoons



Comparing serving size to objects (Tennis ball, deck of cards, golf ball)



Portion Control

Digital Food Scales

Pros

- Accurate weighing of food in Grams, Oz, Ml, or Pounds.
- “Tare” function zeros out weight when adding multiple types of food.
- “Tare” function zeros out weight of container if your weighing food for storage.
- Easy to Clean

Cons

- Limited surface area
- Can't weigh large food products
- If scale isn't on a flat surface or if there are crumbs underneath the scales feet it may be inaccurate.
- Some displays are hard to read. ²



Portion Control

Measuring cups

Pros

- Easy to use
- Common measures used in recipes and serving sizes
- Measures dry baking items and liquids

Cons

- Manufacture of measuring cups and spoons are not regulated so measurements are not uniform across different models/brands
- When measuring serving size most forget to “Level Off” their measuring cup
- These discrepancies can lead to inaccurate calorie counts and stall weight loss³



Portion Control

Comparing serving size to objects (Tennis ball, deck of cards, golf ball)

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

 =  steak iPod Classic	 =  cheese matchbox	 =  pancake DVD
 =  pasta ice cream scoop	 =  potato mouse	 =  fish checkbook
 =  butter postage stamp	 =  salad dressing 1-oz shot glass	 =  brown rice baseball
 =  peanut butter golf ball	 =  beans lightbulb	 =  dark chocolate dental floss

Portion Control

Comparing serving size to objects (Tennis ball, deck of cards, golf ball)⁵

Breads and Pastas

1 cup of potatoes, rice, pasta = tennis ball, ice cream scoop

1 pancake = compact disc (CD)

1/2 cup cooked rice = full cupcake wrapper

1 piece of cornbread = bar of soap

1 slice of bread = audiocassette tape

1 cup of pasta or cereal = fist

2 cups of cooked pasta = full outstretched hand

Dairy

1 1/2 oz of cheese = 9-volt battery or 3 dominoes

1 ounce of cheese = pair of dice, your thumb

1 cup of ice cream = large scoop the size of a baseball

Vegetables

1 cup of green salad = baseball, fist

1 baked potato = fist

3/4 cup tomato juice = small Styrofoam cup

1/2 cup cooked broccoli = one light bulb

1/2 cup serving = 6 asparagus spears, 7 or 8 baby carrots,

1 ear of corn on the cob

Portion Control

Comparing serving size to objects (Tennis ball, deck of cards, golf ball)⁵

Fruits

- 1/2 cup grapes = light bulb
- 1/2 cup of fresh fruit = 7 cotton balls
- 1 medium size fruit = tennis ball
- 1 cup of cut-up fruit = fist
- 1/4 cup raisins = large egg

Meats and Proteins

- 2 Tbsp of peanut butter = ping-pong ball
- 1 tsp of peanut butter = fingertip
- 1 Tbsp of peanut butter = thumb tip
- 3 oz cooked meat, fish, poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz cooked chicken = chicken leg and thigh or breast

Fats and Snacks

- 1 tsp butter, margarine = size of a thumb tip
- 2 Tbsp salad dressing = ping-pong ball
- 1 oz of nuts or small candies = one handful
- 1 oz of chips or pretzels = two handfuls
- 1/2 cup of potato chips, crackers or popcorn = one man's handful
- 1/3 cup of potato chips, crackers or popcorn = one woman's handful

Portion Control

Comparing serving size to objects (Tennis ball, deck of cards, golf ball)

Pros

- Comparing foods to objects improves your skill at sizing up food portions.
- Good for visual learners

Cons

- Hard to implement when eating out
- Hard to learn if not familiar with the size of objects

Portion Control

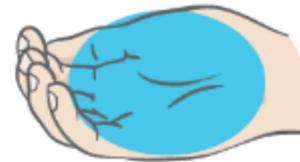
Using your hands!⁶



A serving of protein
= 1 palm



A serving of
vegetables = 1 fist



A serving of carbs
= 1 cupped hand



A serving of
fats = 1 thumb

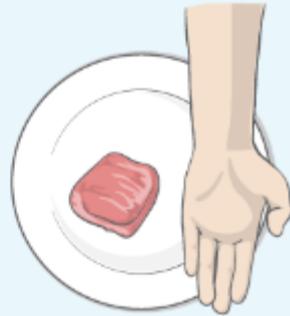
Portion Control

Using Your Hands! – Women⁶

STEP 1

PROTEIN

Meat, fish, eggs, cottage cheese, and Greek yogurt



Women:
One palm-sized portion
(~ 20-30 g protein)

STEP 2

VEGETABLES

Broccoli, spinach, salad, carrots, etc.

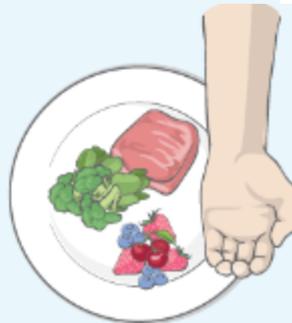


Women:
One fist-sized portion

STEP 3

CARBOHYDRATES

Grains, starches, beans, and fruits

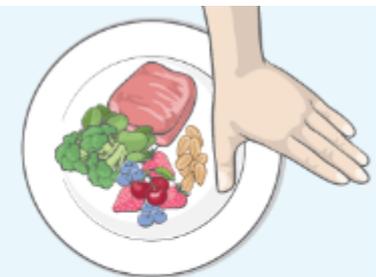


Women:
One cupped-hand sized portion
(~ 20-30 g carbs)

STEP 4

FATS

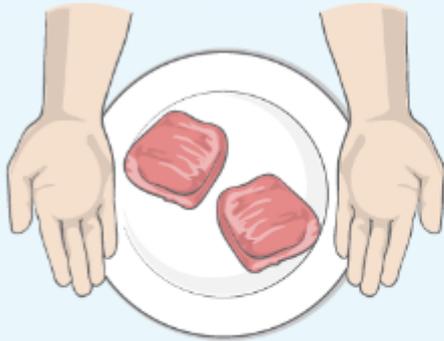
Oils, butters, nut butters, nuts, and seeds



Women:
One thumb-sized portion
(~ 7-12 g fat)

Portion Control

Using Your Hands! Men⁶



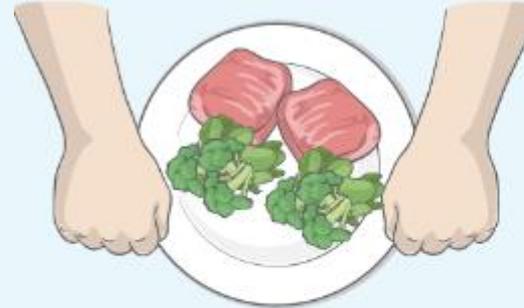
Men:

Two palm-sized portions
(~ 40-60 g protein)

STEP 1

PROTEIN

Meat, fish, eggs,
cottage cheese,
and Greek yogurt



Men:

Two fist-sized portions

STEP 2

VEGETABLES

Broccoli, spinach,
salad, carrots, etc.



Men:

Two cupped-hand sized portions
(~ 40-60 g carbs)

STEP 3

CARBOHYDRATES

Grains, starches,
beans, and fruits



Men:

Two thumb-sized portions
(~ 15-25 g fat)

STEP 4

FATS

Oils, butters,
nut butters, nuts,
and seeds

Portion Control

Using Your Hands!⁶

Pros

- Your hands are always with you.
- Your hands and hand size is specific to the size you are. Bigger people that require more calories have bigger hands. Smaller people smaller hands.

Cons

- Takes a lot of practice.
- Not exact measurement so may be too many calories and blow your budget or too few calories and you'll still be hungry.

Portion Control

Tips for Eating at Home:⁷

Measuring out portion sizes at home is easy with measuring cups and spoons as well as a kitchen scale to measure foods. However, you have other options that are much less time-consuming. Check out the following tips next time you get ready to portion out your meal at home.

Divide your plate. This means a standard dinner plate, not one of the monsters you get at a restaurant. Half the plate should contain fruits and/or vegetables. The other half of the plate should be equal portions lean protein and starch, according to the experts at [Cooking Light](#) magazine. Do this at every meal and you'll get the nutrients you need while also keeping your calorie intake under control.

Portion out large packages of food. If you purchase large bags of snacks such as popcorn, crackers or cheese, take the time to divide the packages into single servings. That way, when hunger strikes, you can open the cabinet and refrigerator and grab one portion and aren't at risk of downing the entire container. You can also serve your snack in a small bowl to help keep you from eating more than one portion, adds the CDC.

Remember that serving size and portion size aren't exactly the same thing, according to [Health](#) magazine. A serving size is clearly listed on the package. That's the amount of food you should portion out to keep things under control. Go ahead and use measuring tools, if you need to, until you can eyeball what a properly sized portion should look like.

Avoid family style dining, advises the CDC. Having all that food right in front of you on the table means you're more likely to refill your plate after eating a portion. The occasional indulgence won't derail your efforts, but frequently adding portions to your plate can hinder weight loss and contribute to weight gain. Leave the food on the counter and you are better able to resist the lure of another portion.

Buy smaller dishes. This makes it natural to serve yourself proper portions instead of overloading without realizing it. If the plate is huge, you may unwittingly put more than a portion on it even if you think you're serving up the right amount, notes [Cooking Light](#) magazine. Trade your dishes in for smaller versions and controlling your portions will be much easier.



Portion Control

Tips for Eating Out:⁷

There's no question that eating out is enjoyable and allows you to have foods you don't at home. However, restaurants are notorious for serving huge servings that can quickly get in the way of your portion control goals. That doesn't mean you can't dine out, but using the following tips can help you keep your food intake moderate.

Share a meal, suggests the CDC. If you can't resist your favorite pasta dish, but know that it's much more than one portion, share it with a friend. That way you get to indulge, but won't eat more portions than you realize or intend.

Order an appetizer instead of an entree, encourages the [Weight Watchers](#) weight loss program. They're often much smaller and can help keep you from consuming more than you mean to at a restaurant. The kids menu is another place to order smaller meals, though some restaurants don't allow you to do that. If they do, choose a kid-sized meal and you're much more likely to get a healthy portion size.

Bag half your meal before you eat. Ask your server to do this for you, or ask for a box right away and put part of your meal in it right away. This helps keep you from eating the whole plate of food at restaurants where you know a meal is more than one healthy portion, notes Health magazine

Portion Control

Let's Review!

- Most of us stink at eyeing up serving size.
- Over the years portion sizes have gotten out of control .
- If you are serious about losing weight and changing your body you have to build your skill at eyeing up serving sizes and eating proper portions.
- Some common tools that are used to learn serving sizes: Digital Food Scales, Measuring Cups and Spoons, Comparing everyday objects to serving sizes of specific foods.
- Probably one of the easiest and most convenient way to learn serving size is to use your own two hands!
- No method is perfect, but trying to learn and developing your serving size “eye” will benefit you in the long run.
- Tips for Eating at Home: Divide Your Plate, Portion Out Large Packages of Food, Remember that Serving Size and Portion Size are not the same, Avoid Family Style Dining, Buy Smaller Dishes.
- Tips for Eating Out: Share a Meal or Entrée, Order an Appetizer instead of an Entrée, Split Your Meal In Half Right When It Arrives and Take A Doggie Bag Home for later.



Portion Control

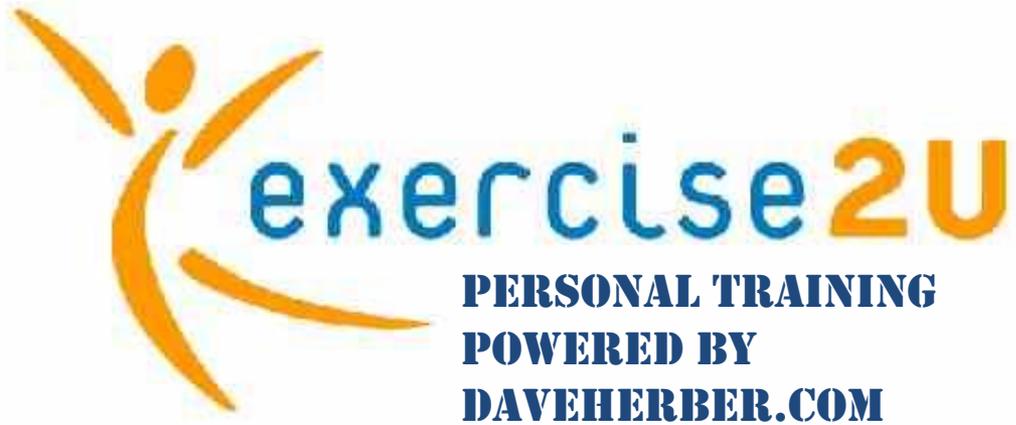
HOW
CAN I
HELP?!?

DAVE@DAVEHERBER.COM

Portion Control

Sources

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