

Portion Control- Managing the amount you eat

A serving is not what you happen to put on your plate! The following are common food serving sizes-

A serving of....

Fresh fruit or veggie

Canned fruit or cooked veggie

Fruit Juice

Dried Fruit

Starchy veg or dried beans

Bread

Bagel

Dry cereal

Cooked cereal

Rice or pasta

Dairy products

Cheese

Lean meats, chicken, fish

Oil, margarine, butter

Peanut Butter

Popcorn (no fat added)

Equals...

1 cup

½ cup-or a half a tennis ball

½ cup

¼ cup

½ cup

1 slice

½ whole bagel

¾ cup

½ cup

1/3 cup

1 cup- or the size of a baseball

1 oz- or size of a matchbook

3 oz- or a deck of cards

1 tsp- or a size of 2 stacked quarters

2 tbs- or a ping pong ball

3 cups- or 3 tennis balls

How many calories does a serving contain?

Starch items contain about 80 calories per serving

Fruits contain about 60 calories per serving

Vegetables contain about 25 calories per serving

Skim milk products contain about 90 calories per serving

Lean meats contain about 55 calories for 1 oz servings

Fats contain about 45 calories per serving

How much do I need in a day? Here are rough estimates to meet calorie needs-

1600 calorie diet needs: 8 starches, 3 fruit, 2 NF dairy, 4 veggie, 6 (1oz) lean meats, 3 fat

2000 calorie diet needs: 9 starches, 4 fruit, 3 NF dairy, 6 veggie, 7 (1 oz) lean meats, 4 fats

Need help at restaurants?

Restaurants usually serve large portions. Try these tips to cut calories while eating out-

- eat half of your meal and take the rest home
- split an entrée or dessert with a family member or friend
- ask for substitutions for french fries- like a salad or steamed veggies
- ask for all sauces on the side- salad dressing and gravy
- order an appetizer or salad as your main course

Remember- you do not have to eat it all just because you paid for it- take it home or share. You are not paying to gain weight when you eat out!

Provided by Hen House Markets

Sources-

American Diabetes Assoc

Portion Distortion

