



Size Matters

How do you control your eating when you live in a supersized world?

One way is to use simple things that you know as references for the right portion sizes.



- **Deck of Cards = 3 oz Cooked Meat**



- **A Fist = 1 cup**
- **Half a fist = ½ cup**

Use for rice, potatoes, grains, cereal, side dishes



- **A Thumb = 1 Tablespoon**

Use for salad dressings, sour cream, whipped cream, gravy, mayonnaise

- **½ a thumb = 1½ teaspoon**

Use for margarine, butter



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Ten Tips to Help Manage Our Portions

1 Use a smaller plate. Since plates got bigger, so have our waist sizes! Look at your grandmother's plates. They are much smaller!

2 Serve yourself a small portion first. Drink water, eat that portion and then decide if you are still hungry. See if you are satisfied after 15 minutes.

3 When eating out, take half home or order the appetizer as your main meal. Share a full size meal with a friend and save calories and money, too.

4 Be mindful of portion sizes when eating family style or at buffets to prevent overeating.

5 Eat meals and snacks at regularly scheduled times. Don't skip meals.

6 At parties and other social events where food is served, limit your choices to those that are worth the calories to you.

7 Plan before you order when eating out. For example, scan the menu decide what you really want to eat. Then, think about all the accompaniments. Do you really want the bread, the drink, the dessert, the fries? See what you might substitute to lower the calories.

8 Forget the clean plate club. There really is no reason you have to clean your plate. Ask the waiter to divide your meal in half and take it home for lunch the next day.

9 Don't eat out of a bag. Even though the larger portion of popcorn at the movies may seem like a better deal, if you buy it, you will eat more than you would if the portion was smaller. When larger portions are in front of you, it's easy to eat too much.

10 Order salad dressing, gravy, and other condiments on the side so you can choose the amount used.

Add your own tips for managing portion sizes here
