












# Portion Control

**Portion control** is understanding how much a serving size of food is and how many calories or how much food energy a serving contains. **Portion control** is **important** for body weight management as the weight is defined by the total calorie intake

*What's a healthy portion?*  
If you're not sure how much you should eat, everyday objects offer guidance on what makes up a healthy portion size

<b>VEGETABLES</b>  1 cup = Baseball	<b>MEAT</b>  3 ounces = Deck of cards	<b>PASTA</b>  ½ cup = Tennis ball	<b>ICE CREAM</b>  ½ cup = Two golf balls	<b>FISH</b>  3 ounces = Checkbook	<b>PANCAKE</b>  4-inch compact disc
<b>BAKED POTATO</b>  Computer mouse	<b>CHEESE</b>  1½ ounces = Four stacked dice	<b>MUFFIN</b>  A large egg or light bulb	<b>BUTTER</b>  1 teaspoon = Thumb tip	<b>PEANUT BUTTER</b>  2 tablespoons = Ping-pong ball	<b>BAGEL</b>  Hockey puck

Out of all the colors in the color spectrum, blue is an appetite suppressant and that many weight loss plans incorporate this trick for a good reason.



" In one study participants were placed in different colored rooms to eat. In the blue-colored room they ate over 30 percent fewer calories. In another study blue food coloring was added to food and resulted in fewer calories consumed (though food coloring isn't suggested). One theory explains this based on the dearth of blue foods in nature. Other than blueberries, blue foods are scarce and as we evolved we used visual cues to determine if a food was edible.

Blue was viewed as a non-food color possibly even poisonous. Blue is also a calming color and helps us feel more relaxed." Try switching to darker blue plates!

- Fast food portions are 2 to 5 times larger today as they were in the 1980s!
- 20 years ago the average bagel was 3 inches in diameter and 140 calories; now it is 6 inches and 350 calories!
- In 1908, a candy bar was .6 ounces and today it ranges from 1.6-8 ounces!
- Coca Cola® bottles contained 6.5 fluid ounces of soda in 1916 and today they contain 16-34 fluid ounces!

#### Portion Control Tips:

- Use smaller plates and bowls. This tricks your brain into thinking you have more food. Aim to use the 9 inch plate instead of the 12 inch plate at meal times.
- Make a habit of reading food labels to get familiar with serving sizes for particular foods
- Eat 5-6 small meals throughout the day to prevent overeating. • When eating out, visualize what one serving of each food looks like before digging into your meal.

**Don't feel discouraged if you lose track, the important thing is to get back on track as soon as possible!**