



Did you know: Portions Primer

When it comes to portion control, do you ever feel your perspective's out of whack? The hungrier you feel, the harder it is to keep portions petite and keep reality in check. A visual aid is a great resource and a smart way to keep measurements top of mind.



For instance:

- How big is one cup? About the size of a baseball.
- A quarter cup? Imagine an egg.
- Two tablespoons? A golf ball.
- An ounce of cheese? Picture 4 small chunks the size of dice. (Insert toothpicks. Eat. Repeat.)

Visualize this: The amount of meat recommended by the American Cancer Society per meal is 3 to 4 ounces—about the size of a deck of cards or bar of soap. “Half-plate healthy” is another great solution that requires no measuring. Simply fill half your plate with veggies, fruit & salad, and fill the other half with anything else. That’s it!

Use these other tips and tricks as well:

- Buy single servings (of nuts, crackers, cookies, etc).
- Eat off smaller plates.
- Don’t snack out of the bag! (Measure a portion of nuts or snack mix and put in a bowl)
- Buy an extra set of measuring cups and keep them handy in your kitchen. Put a one-cup measure inside your cereal box and a 1/4 cup measure inside your bag of granola.
- Measure your pasta portions before you add them to the pot of boiling water.
- One serving of dry spaghetti is no bigger than the circumference of a nickel!