5 Easy Tips to Control Portion Sizes

1. Use a smaller plate or bowl.
   Use a salad plate rather than a dinner plate. Your plate will be fuller and the smaller portions will look larger.

2. See what you're eating.
   Portion foods onto plates or into bowls rather than eating directly from the box, bag or container. Seeing the food in a dish gives you a visual cue of how much you're actually eating.

3. Stop eating when you feel full.
   Don't feel obligated to clean your plate.

4. Serve smaller portions.
   You'll waste less food if you serve yourself less to begin with. Take more if you're still hungry.

5. Limit distractions.
   Focus on the food when you're eating meals. The computer, TV, cell phones, books and magazines can take our attention away from the meal, causing us to pay less attention to what we're eating.

And to eat the right amount during meals and snacks:

- 1 CUP (47g) LETTUCE = 2 cupped hands
- 1 WEDGE CANTALOUPE (1/2 CUP / 80g) = 1 hand
- 1 TBSP (15g) PEANUT BUTTER

A Healthy Habit: Handy Portions
Take portion control into your own hands.

- 1 Thumb Tip = 1 TSP
  - 1 teaspoon butter, margarine, or oil
  - 3 thumb tips = 1 tablespoon

- 1 Fist = 1 Cup
  - 1 medium piece of fruit
  - 1 cup dry cereal or popcorn
  - 8 fluid oz. milk or juice

- 1 Handful = 1 - 2 oz
  - 1-2 oz. snack food
  - 1 handful = 1 oz. nuts or small candies
  - 2 handfuls = 1 oz. pretzels or chips

- 1 Thumb = 1 oz
  - Length + width of thumb = 1 oz. cheese

- 1 Palm = 3 oz
  - 3 oz. lean meat, fish or poultry

- 1/2 Cup (240g) COOKED, WHOLE-GRAIN PASTA = 1 cupped hand
- 1/2 Cup (150g) Raw baby carrots (about 10) = 1 cupped hand
- 1/2 Cup (80g) Broccoli = 1 cupped hand
- 1 TBSP. (15g) Hummus = 1 cupped hand
- 1/2 Cup (75g) Cherry tomatoes = 1 cupped hand
- 1/4 Cup (90g) Dried Fruit = 1 small handful
- 1 Single Serve Cup of fruit cocktail in 100% Juice (1/2 Cup / 118g) = 1 hand
- 1/2 Cup (113g) Cooked Beans = 1 cupped hand
- 1 Cup (28g) Breakfast cereal = 2 cupped hands
- 1 Small Apple (1 Cup / 150g) = 1 hand