

## Portion Control for Weight Loss

Portion control is a useful tool to help you maintain a healthy weight. The sizes of your portions and types of foods you eat affect how many nutrients and calories you are getting. By avoiding large portions of high-calorie foods and eating more low-calorie foods, such as fruits and vegetables, you will get the nutrients you need, feel satisfied and reduce the number of calories you consume. It's all about moderation!

Everyday equivalents can help you judge serving sizes to help you practice portion control. Following are some helpful hints to help you familiarize yourself with measuring portion sizes for each food group:

**Grains:** One serving is equal to  $\frac{1}{2}$  cup of cooked rice,  $\frac{1}{2}$  cup of cooked macaroni, or about the size of an ice-cream scoop.



Food	Serving Size
Cooked Pasta or oatmeal	$\frac{1}{2}$ cup
Whole-Wheat Bread	1 slice
Whole-Wheat crackers	6 whole

**Fruits:** One cup of mixed berries, cherries or cubed cantaloupe equals one serving. One cup is about the size of a tennis ball



Food	Serving Size
Apple, pear, or banana	1 small
100% fruit juice	$\frac{1}{2}$ cup

**Vegetables:** One serving is equal to a cup of cooked carrots or 2 cups of raw, leafy vegetables, 1 medium potato, or ½ cup of cooked corn. One cup is about the size of your fist.



Food	Serving Size
Raw, leafy vegetables	2 cups
Raw vegetables, chopped	1 cups
Chopped, cooked, or canned vegetables	½ cup
Potato	1 medium

**Dairy:** Serving sizes of dairy products may be smaller than you think. For example, one serving of low-fat cheddar cheese is 2 ounces or about the size of two dominoes



Food	Serving Size
Low-fat or fat-free milk or yogurt	1 cup
Part-skim mozzarella cheese	1 ½ ounces or about 1/3 Cup shredded

**Meat and Beans:** Familiar objects can help you picture proper portions for meat, poultry, fish and beans. For example, a 3-ounce serving of fish is about the size of a deck of cards, or the palm of a woman’s hand.

Food	Serving Size
Cooked skinless poultry or fish	3 ounces
Cooked lean meat	1 ½ ounces
Egg	1 medium

Giselle Haftel MS, RD  
305.528.2296  
ghaftel@gmail.com

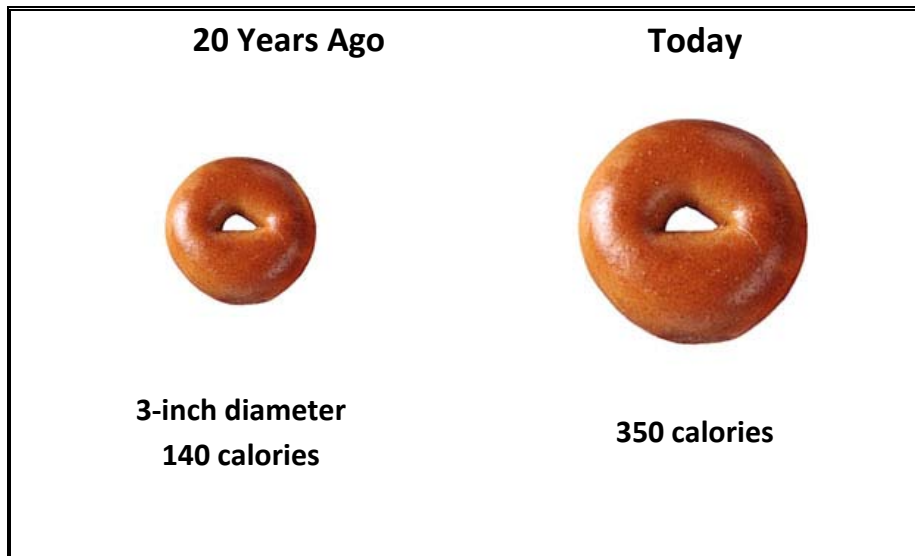


Cooked legumes or dried beans

½ cup or about size  
of ice cream scoop

**Then and Now: How food has “grown” over the years:**

### Bagel



**Calorie Difference: 210 calories**

**Note: 100 extra calories per day = 10 pound weight gain per year!**

### Incorporating portion control in your daily life

3

Adapted from: a) The Department of Health and Human Services  
<http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number=1edition> B) The CDC 3) The Mayo Clinic 4) [www.myramid.gov](http://www.myramid.gov)  
Revised 10/29/10.

Giselle Haftel MS, RD  
305.528.2296  
ghaftel@gmail.com

**Portion control when eating out:** Many restaurants serve more food than is necessary at one meal. Take control of the amount of food you consume by splitting an entrée with a friend. Or, ask the wait person for a “to-go” box and wrap up half your meal as soon as it is brought to the table.

**Portion control when eating in:** To avoid the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

**Portion control in front of the TV:** First and foremost, try to avoid eating in front of the TV. But, if you must eat or snack while watching TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It’s easy to overeat when your attention is focused on something else.