

Portion Control Tips

With larger portions becoming the norm, what can you do to prevent weight gain?



Avoid serving food family style at the dinner table.



Use small dishware at home.



At a restaurant, box up half your meal before picking up a fork.

Helpful Serving Sizes



When you don't have measuring cups on hand, just use your hand.

A Closed Fist

(roughly 1 cup)

is a serving of:

Pasta
Rice
Fruit
Veggies



Your Palm Size

(roughly 3 oz.)

is a serving of:

Meat
Fish
Poultry



An Open Handful

(roughly 1 oz.)

is a serving of:

Nuts
Raisins



2 Open Handfuls

(roughly 1 oz.*)

is a serving of:

Chips
Popcorn
Pretzels



Your Thumb

(roughly 1 oz.)

is a serving of:

Nut butters
Cheese



Your Thumb Tip

(roughly 1 tsp.)

is a serving of:

Oils
Butter
Sugar



**Snacks like chips and popcorn weigh less than nuts and dried fruit.*