

## NUTRITION INFORMATION FROM YOUR DIETITIAN

### Portion Control

Over the last few decades, portions of many snack foods and fast food items have doubled in size. It's not only snack foods and fast foods – portion sizes in general have grown. These larger food portions make it much easier to overeat. Use these tips to take control of how much you eat, reach your weight loss goals, and prevent or delay type 2 diabetes.

#### Become aware

Paying attention to what you eat helps you understand your eating habits and see where you need to make changes.

- **Tracking.** One of the best tools to increase your awareness is a food diary. Use it to record what and how much you eat.
- **Reading food labels.** Using food labels can help you gauge portion sizes. Try not to eat more than the serving size listed on the label and be aware that many packages contain more than one serving.

#### Compare

Most of us have little idea what standard serving sizes look like. Learn what standard portions look like and see how your portions compare.

- **My Plate.** Check out the USDA's <http://www.choosemyplate.gov> for lists of standard portions and other nutrition information.
- **Measure.** By measuring things out you will get a good idea of what a standard serving looks like on your plate. Use the comparisons on the back of this handout to help estimate portions when measuring is less convenient.

#### Repair

Like anything else you do regularly, overeating is a habit. We all know that habits can be hard to break, so start with a few small changes.

- **Trim your trigger foods.** Most people over eat two or three favorite foods. Learn recommended serving sizes for your favorites and stick to them as closely as you can.
- **See less, eat less.** Freeze tempting treats and keep snack foods in the cupboard. Food left sitting on the kitchen counter can be pretty hard to resist.
- **Shrink your plate.** We usually eat what is put in front of us, paying little attention to our fullness cues. Try eating dinner on smaller plates and you'll have less to eat.
- **Create your own after-meal ritual.** Brush your teeth, chew a piece of sugarless gum, or sip a hot drink like tea or sugar free cocoa. These rituals can be cues to stop eating.
- **Portion leftovers into single servings.** When preparing large batches of foods that can be frozen or used as leftovers, portion them into single-serving containers.
- **Share.** Most restaurants serve extra-large portions. Ask for a half-order, or split an entrée with someone.

### Your Action Plan

*What are you ready to do?*

*Choose a healthy lifestyle goal that you're ready, willing, and able to work on NOW.*

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*What is your motivation for making this change?*

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*What specific behaviors or actions would help you achieve this goal?*

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*What is your strategy to break through potential barriers?*

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**This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.**

## Estimating Portion Sizes

FOOD	SERVING	REFERENCE OBJECT
Vegetables	1 cup	Baseball
Whole fruit	1 medium	Baseball
Berries or grapes	½ cup	Bulb of a light bulb
Dried fruit	¼ cup (1 oz)	Golf ball
Baked potato	1 medium	Standard computer mouse
Pancake or waffle	4" across	CD
Tortilla	8" across	Salad plate
Bagel	2 oz	Standard can of tuna
Roll	1 small	Bar of soap
Rice, quinoa or couscous	½ cup	Bulb of a light bulb
Pasta, cereal or popcorn	1 cup	Baseball
Nuts	¼ cup	Golf ball
Peanut butter	2 tbsp	Ping pong ball
Beans	½ cup	Bulb of a light bulb
Tofu	½ cup (4 oz)	Bulb of a light bulb
Meat	3 oz	Deck of cards
Milk or yogurt	1 cup (8 oz)	Baseball
Cheese	1 oz	Thumb
Sour cream	¼ cup	Golf ball
Salad dressing, mayonnaise, butter, or oil	1 tbsp	Poker chip
Sandwich	1 medium	2 Decks of cards
French fries	1 cup	Baseball
Pizza	1 slice	2 Dollar bills
Ice cream	½ cup	Bulb of a light bulb
Chocolate	1 oz	Dental floss
Brownie	2" square	Dental floss
Cookie	1 small	2 Poker chips
Cake	1 slice	Deck of cards

**1 Cup**  
(Baseball)



**½ Cup**  
(Bulb of a light bulb)



**¼ Cup**  
(Golf ball)



**3 oz Meat**  
(Deck of cards)



**1 oz Cheese**  
(Thumb)



**1 Tbsp (tablespoon)**  
(Poker chip)



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