

Portion Control

Reading a Nutrition Label

-Look at the serving size as a guide. This is what the calories and nutrients shown are based on.

| Nutrition Facts | |
|---------------------------------|-------------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per 2/3 cup | |
| Calories | 230 |
| % DV* | |
| 12% | Total Fat 8g |
| 5% | Saturated Fat 1g |
| | Trans Fat 0g |
| 0% | Cholesterol 0mg |

Portion Size Guide

-3 oz of meat/fish/poultry =
deck of cards



-2 tbsp peanut butter =
ping-pong ball



-1/2 cup cooked rice, pasta, chips =
tennis ball or rounded handful



-1/2 cup ice cream = tennis ball

-1 serving of cheese = 6 dice



Tips

- It may be helpful to have a healthy snack in between meals if you are hungry rather than be starving for your meal. You are less likely to overeat during your meal.

-Put your snack in a separate bowl or on a different plate. Do not eat straight out of the container or you risk mindlessly eating a greater portion.

-Keep healthier snacks in eye sight; rather than a bowl of chocolates on the table, keep a fruit bowl.

-Split a meal when eating out; it saves money and you do not overeat!

Portioned Snacks

-Here are some snacks that contain 200 calories or less! Keep in mind, even too much of a “healthy” food is not necessarily a good thing.

1. medium apple + 12 almonds
2. ½ cup berries + 6 oz plain yogurt
3. 5 whole wheat crackers + 1 oz low-fat cheese
4. 3 cups air popped popcorn + 2 tbsp shredded parmesan
5. 1/3 cup rolled oats + cook in 1 cup fat-free milk + cinnamon

References

How to Avoid Portion Size Pitfalls to Help Manage Your Weight. (2015, August 18).

Retrieved July 12, 2020, from

https://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

Portion size: MedlinePlus Medical Encyclopedia. (n.d.). Retrieved July 12, 2020, from

<https://medlineplus.gov/ency/patientinstructions/000337.htm>

12 healthy snacks with 200 calories or less: MedlinePlus Medical Encyclopedia. (n.d.).

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