

The number of calories you consume each day affects your health and weight. Larger food portions will usually contain more calories. Consuming more calories than your body needs may lead to weight gain. Being overweight can increase your risk for weight-related diseases such as diabetes and heart disease.

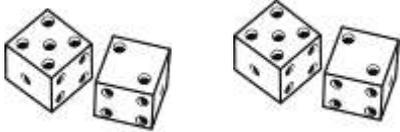
Build healthy habits by making small changes over time. Try eating smaller portions 5 or 6 times a day of foods from a variety of food groups.

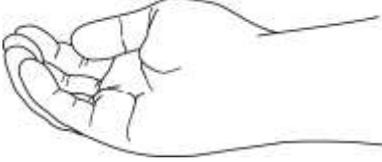
Daily Portion Control Tips

- When dining out, share a meal or take half of your meal home to enjoy. Order small by having an appetizer as your meal.
- Share 1 dessert with several people and skip breads and appetizers if you're ordering a main dish at a restaurant.
- Make sandwiches open-faced - using only 1 slice of bread.
- Use small plates, bowls, glasses and serving utensils to give the appearance of more food.
- Select low-fat frozen meals that have “portion control” built into packaging. The goal is less than 700 calories and less than 10 grams of fat.
- Be sure to include fresh, frozen, or no added salt canned vegetables and no added sugar fruits in every lunch and dinner meal. Don't forget low-fat dairy.
- Select single-serve portions for snacks and desserts. Always read food labels to make sure you are accurately selecting your portion.
- Limit snacking. If you choose snacks, try to keep them less than 150 calories and 5 grams of fat. Fresh fruits and vegetables are always good snack options.
- Eat slowly and enjoy your meals. Research has shown that it takes 20 minutes for your stomach to signal that it is full.
- Be mindful of when you are truly hungry and comfortably full. Resist temptation and allow more than 3 hours before your next meal or snack.
- Avoid buying foods in bulk. If you buy large food packages, divide the contents into single portion servings.
- Avoid super-sizing, value meals and low cost/high portion deals.

Sizing up Portions

Serving sizes on food labels may differ from the serving sizes on USDA's MyPlate. Be sure to carefully check. Learn to estimate single portion servings. Use the chart on the following pages to quickly estimate single portion sizes and to prevent overeating. For more information, go to: <https://www.choosemyplate.gov/>

Easy size tip	Useful for these foods...
<p data-bbox="240 520 764 590">One fist clenched = 8 fluid ounce or 1 cup</p> 	<p data-bbox="857 520 922 548">milk</p>
<p data-bbox="240 867 786 894">One-half fist clenched = 4 fluid ounces</p> 	<p data-bbox="857 867 1187 894">unsweetened fruit juice</p>
<p data-bbox="240 1213 737 1283">Two thumbs together or four dice = 1 tablespoon or 1 ounce</p> 	<p data-bbox="857 1213 1344 1360">cheese, cream cheese, dessert sauces, dips, low fat margarine, low fat mayonnaise, peanut butter, salad dressing, sour cream</p>
<p data-bbox="240 1554 662 1623">Deck of cards or bar of soap = 3 ounces</p> 	<p data-bbox="857 1554 1349 1665">cooked meats (hamburger patty, chicken breast, fish filet, pork loin) and canned fish</p>

Easy size tip	Useful for these foods...
<p>One hand cupped = ½ cup</p> 	<p>applesauce, beans (cooked or canned), chopped vegetables, frozen yogurt, fruit salad, gelatin, hot cereal, mashed potatoes, pasta, pudding, rice, spaghetti sauce, tomato sauce</p>
<p>Tennis ball, baseball, or two hands cupped = 1 cup</p> 	<p>breakfast cereals, fruit, green salads, mixed dishes (stew, casseroles), soup, yogurt</p>
<p>DVD or compact disc = 1 ounce grain serving</p> 	<p>bread, pancakes</p>
<p>Tip of thumb = 1 teaspoon</p> 	<p>oil (canola, peanut, olive, etc.)</p>