

TIPS TO WATCH YOUR PORTION SIZES:

- Find out how much you need each day using a Food Guide and try to eat about that amount food on most days.
- Try to get good at “eyeballing” food portions, and knowing how much is in a serving size. To help you practice, use measuring cups and spoons or a food scale.
- Find out if your portion sizes are on track.
- Put food on a plate rather than eating out of the container – we often eat more if we can’t judge the portion size.
- Studies have shown that we will eat more when using bigger serving dishes. Use smaller, salad-size plates (and other smaller serving dishes) rather than large dinner plates. You'll likely eat less!
- Pay attention to the label on packaged foods. All nutrition information is related to the amount of food listed in the Nutrition Facts table, which may be less than your portion. Always adjust nutrition information to the portion size that you are eating.

HELPFUL HINTS FOR MEASURING PORTIONS:

When you don't have measuring cups or scales available, use your hands or common items to figure out reasonable portion sizes. See the chart below.

Item	Amount	One Serving
Palm of hand	2.5 oz (75 g)	Meat
Cell phone		Chicken
		Fish
Computer mouse	½ cup (125 ml)	Pasta
		Rice
		Medium Potato
Tennis ball	¾ cup (175 ml)	Yogurt
		Hot cereal
		Tofu
Thumb tip	1 tsp (5 ml)	Butter
		Oil
2 Thumb tips	1.5 oz (50 g)	Cheese
Both palms open	2 cups (500 ml)	Vegetables (2 servings)