



Visualize Your Servings

Wrong portion sizes can sabotage your progress. The first step to mastering portion control is to identify what a recommended serving of your food selections looks like. So when you have a meal that includes some meat, vegetables and grain, for example, you'll notice how many servings of each you have on your plate. For many of us, it will take time to retrain our bodies, eyes, and heads to recognize what sensible servings look and taste like! But by mastering portion control, you'll improve your health and manage or even lose weight.

The following tips can help you bite off less than you can chew!

- Visualize what one serving of each of the foods you are eating should look like, before digging into a meal.
- Pay attention to the food labels when you cook and eat. Make a habit of reading food labels to help you manage your portion sizes.

Use this guide to help you visualize your food choices:

Grain Products - What One Serving Looks Like

- 1 cup of cereal flakes - The size of a fist
- 1 pancake - A compact disc
- ½ cup of cooked rice, pasta, or potato - ½ of a baseball
- 1 slice of bread - A cassette tape

Fruits and Veggies - What One Serving Looks Like

- 1 cup of salad greens - A baseball
- 1 medium fruit - ½ cup of raisins

Dairy and Cheese - What One Serving Looks Like

- 1 ½ oz. cheese - 4 stacked dice
- ½ cup of ice cream - 1 egg
- 1 cup serving of milk, yogurt, or fresh greens - The size of a fist

Meats and Alternatives - What One Serving Looks Like

- 3 oz. meat, fish, and poultry - Deck of cards, Checkbook

Fats - What One Serving Looks Like

- 1 teaspoon of oil - The size of your thumb tip