

Portion Size Guide

Portion sizes have become increasingly larger over time. 20 years ago the average size of a soda was 6.5 ounces now the average soda is 20 ounces!

Using your hand is an easy way to gauge your portion sizes to make sure you are eating the correct serving sizes indicated on the packaging of the food.

Helpful portion control tips:

- Divide your dinner plate. Half of your plate should be full of fruits and vegetables, while the other half is reserved for whole grains and lean meats or an other source of protein.
- Never snack out of the bag. Pour yourself a serving then put away the rest.
- Use smaller dishes! When using a smaller dish, the same amount of food looks larger. You are less likely to over eat and get seconds.
- Measure it out. Measure out one serving of your favorite snack to see what it really looks like. You might be surprised!

Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies
	Palm 3 ounces	Meat Fish Poultry
	Handful 1 ounce	Nuts Raisins
	2 Handfuls 1 ounce	Chips Popcorn Pretzels
	Thumb 1 ounce	Peanut butter Hard cheese
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar

