













avoid oversized portions

portion hand guide

 = 1 cup	 = 1 cup
 = 3 ounces meat	 = 1 tablespoon
 = ½ cup	 = 1 teaspoon

a serving looks like

meat (3 oz) = (deck of cards) 	bagel or roll = (6 oz tuna can) 
fish (3 oz) = (checkbook) 	fruit (1 medium) = (tennis ball) 
oil (1 tsp) = (quarter) 	raw veggies (1 c) = (light bulb) 

portion-control tips

1. Figure out how big your portions really are: pour your normal cereal into your normal bowl, then measure that amount with a measuring cup.
2. Pay attention to feelings of hunger: stop eating when you are satisfied, not full.
3. Use smaller plates, bowls, and glasses.
4. Portion out your snacks.
5. Eat less when eating out: order smaller sizes or take half your order home.
6. Avoid the kitchen when stressed or upset: if you tend to eat at these times, try walking instead, or pick a healthier snack.