

Care Here!

Portion Size Wise



PORTION VS. SERVING

- A **serving** is an amount of food listed for you on a product's food label and varies from one product to another.
- A **portion** is how much food you choose to eat at one time.

NOTE: The serving size on a label may be more or less than the amount suited for you based on individual needs related to age, weight, sex, and physical activity.

CHOOSE TO BE PORTION SIZE WISE.

- Establish regular meal times. If meal time is delayed, try using a healthy snack to curb your hunger.
- Limit distractors while eating, such as the computer, television, phone, etc.
- Check your work/home environment. Store more tempting foods out of immediate eyesight.
- Plate your food in the kitchen. Avoid eating from larger bags or containers, and place measured snacks on a small plate.
- Challenge yourself to measure a few items.
- Use smaller plates, bowls and glasses or consider using a portioned plate.
- If cooking in large batches, freeze or store the leftovers right away.
- Create more awareness with the use of a food diary to track intake (what, when, where, how much and why).
- Slow down! Your brain may need about 15-20 minutes to begin to signal to you that you are getting full.
- When eating out, share a meal or ask for a to-go box at the beginning of your meal.
- If you would like help with your health goals, contact your health coach by emailing support@carehere.com or by calling **877.423.1330**.

CHOOSE YOUR PORTION SIZING WITH THESE VISUALS.

1 baseball =
1 cup vegetables



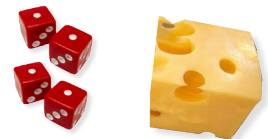
Deck of cards =
3 oz meat/fish



Tennis ball =
1 small fresh fruit



4 dice =
1 ounce cheese



1/2 baseball =
1/2 cup pasta



1 golf ball =
2 Tbsp peanut butter



Resources:

WebMD Portion Size Guide, Kathleen Zelman, MPH, RD, LD, September 2012
"Just Enough for You – About Food Portions," NIH Publication No. 09-5287, March 2012

Care Here!