

The amount of calories you consume each day affects your health and weight. Larger food portions will usually contain more calories. Consuming more calories than your body needs may lead to weight gain. Being overweight can increase your risk for weight-related diseases such as diabetes and heart disease.


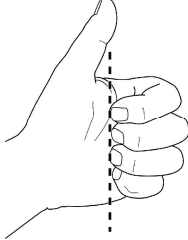
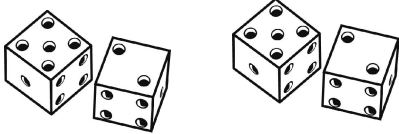
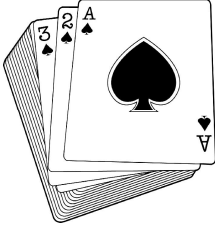
Eating smaller portion sizes and balanced meals that contain a variety of foods are key steps in having a healthy lifestyle. If a portion you eat is larger than the single serving size, you are consuming more calories than what is shown on the food label.

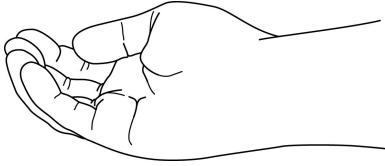

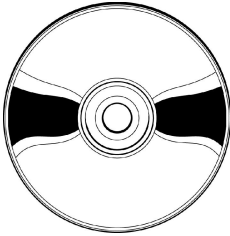

Daily Portion Control Tips

- When dining out, share a meal or take half of your meal home to enjoy. Order small by having an appetizer as your meal.
- Make sandwiches open-faced - using only 1 slice of bread.
- Use small plates, bowls, glasses and serving utensils to give the appearance of more food.
- Select low-fat, low-sodium frozen meals that have “portion control” built into packaging.
- Be sure to include fresh, frozen, or no added salt canned vegetables in every lunch and dinner meal.
- Select single-serve portions for snacks and desserts. Always use a food label to make sure you are accurately selecting your portion.
- Limit snacking. If you choose snacks, try to keep them less than 150 calories and 5 grams of fat. Fresh fruits and vegetables are always good snack options.
- Eat slowly and enjoy your meals. Research has shown that it takes 20 minutes for your stomach to signal that it is full.
- Avoid buying foods in bulk. If you buy large food packages, divide a bargain-size bag into single portion servings.
- Learn to estimate single portion servings. Use the following chart to prevent overeating.

Sizing up Portions

Serving sizes on food labels may differ from the serving sizes on USDA's MyPlate. Use the following tips to quickly estimate single portion sizes.

Easy size tip	Useful for these foods...
<p data-bbox="240 453 781 531">One fist clenched = 8 fluid ounce or 1 cup</p> 	<p data-bbox="857 453 922 485">milk</p>
<p data-bbox="240 804 695 882">One-half fist clenched = 4 fluid ounces</p> 	<p data-bbox="857 804 1192 835">unsweetened fruit juice</p>
<p data-bbox="240 1176 753 1253">Two thumbs together or four dice = 1 tablespoon or 1 ounce</p> 	<p data-bbox="857 1176 1354 1331">cheese, cream cheese, dessert sauces, dips, low fat margarine, low fat mayonnaise, peanut butter, salad dressing, sour cream</p>
<p data-bbox="240 1480 678 1558">Deck of cards or bar of soap = 3 ounces</p> 	<p data-bbox="857 1480 1321 1598">cooked meats (hamburger patty, chicken breast, fish filet, pork loin) and canned fish</p>

<p>One hand cupped = ½ cup</p> 	<p>applesauce, beans (cooked or canned), chopped vegetables, frozen yogurt, fruit salad, gelatin, hot cereal, mashed potatoes, pasta, pudding, rice, spaghetti sauce, tomato sauce</p>
<p>Tennis ball, baseball, or two hands cupped = 1 cup</p> 	<p>breakfast cereals, fruit, green salads, mixed dishes (stew, casseroles), soup, yogurt</p>
<p>DVD or compact disc = 1 ounce grain serving</p> 	<p>bread, pancakes</p>
<p>Tip of thumb = 1 teaspoon</p> 	<p>oil (canola, peanut, olive, etc.)</p>