

TRY THESE **5** easy tips TO  
**CONTROL PORTION SIZES**

**1 USE A SMALLER PLATE OR BOWL.**

Use a salad plate rather than a dinner plate. Your plate will be fuller and the smaller portions will look larger.



**2 SEE WHAT YOU'RE EATING.**

Portion foods onto plates or into bowls rather than eating directly from the box, bag or container. Seeing the food in a dish gives you a visual cue of how much you're actually eating.



**3 STOP EATING WHEN YOU FEEL FULL.**

Don't feel obligated to clean your plate.

...AND TO **EAT THE RIGHT AMOUNT** DURING MEALS AND SNACKS:

**4 SERVE SMALLER PORTIONS.**

You'll waste less food if you serve yourself less to begin with. Take more if you're still hungry.



1 WEDGE  
CANTALOUPE (1/2 CUP / 80g) = 1 hand

**5 LIMIT DISTRACTIONS.**

Focus on the food when you're eating meals. The computer, TV, cell phones, books and magazines can take our attention away from the meal, causing us to pay less attention to what we're eating.



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**A HEALTHY HABIT™**

... Handy  
**Portions**

1 CUP (47g) LETTUCE = 2 cupped hands



Take *portion control* into your own hands

1 TBSP (15g)  
PEANUT BUTTER



1 SINGLE SERVE CUP  
OF FRUIT COCKTAIL IN 100%  
JUICE (1/2 CUP / 118g) = 1 hand

WHEN THINKING ABOUT  
**PORTIONS** OF THE FOODS YOU EAT  
use this

*handy  
guide*

1/2 CUP (113g) COOKED  
BEANS = 1 cupped hand

1/4 CUP (60g) DRIED FRUIT = 1 thumb tip

## TAKE Portion Control INTO YOUR OWN HANDS

### ▶ 1 THUMB TIP = 1 TSP.

1 *teaspoon* butter,  
margarine, or oil

3 *thumb tips* = 1 *tablespoon*



1 CUP (28g) BREAKFAST CEREAL  
= 2 cupped hands

1/2 CUP (80g) BROCCOLI  
= 1 cupped hand

### ▶ 1 FIST = 1 CUP

1 *medium piece* of fruit  
1 *cup* dry cereal or popcorn  
8 *fluid oz.* milk or juice



1 SMALL APPLE (1 CUP / 150g)  
= 1 hand

1 TBSP. (15g) HUMMUS

### ▶ 1 HANDFUL = 1 - 2 OZ.

1-2 *oz.* snack food  
1 *handful* = 1 *oz.* nuts or  
small candies  
2 *handfuls* = 1 *oz.* pretzels or  
chips



1 OZ. (28g) CHEESE = same  
length/width of your thumb

3 OZ. (85g) GRILLED CHICKEN  
BREAST = size of palm of hand

### ▶ 1 THUMB = 1 OZ.

Length + width of thumb =  
1 *oz.* cheese



1/2 CUP (70g) COOKED,  
WHOLE-GRAIN PASTA  
= 1 cupped hand

1/2 CUP (75g) CHERRY TOMATOES  
= 1 cupped hand

### ▶ 1 PALM = 3 OZ.

3 *oz.* lean meat,  
fish or poultry



1/2 CUP (100g) RAW BABY CARROTS  
(about 10) = 1 cupped hand

1/2 CUP (76g) GRAPES  
= 1 cupped hand