











Fit & Lean in 2014

3.1: Portion Control & Timing

Basic Guidelines:

				
- 1 cup	- ½ cup	- 1 oz. or 2 tbsp.	- 1 tbsp.	- 1 slice of bread
				
- 3 oz. meat	- 3 oz. fish	- 1 oz. deli meat	- 3 oz. muffin	- 1.5 oz cheese

Grains	Fruits & Vegetables	Meats, Fish & Nuts
1 cup of cereal = baseball 1 pancake = 1 compact disc ½ cup cooked rice = light bulb 1 bagel = 6 oz. can of tuna 3 cups popcorn = 3 baseballs	1 medium fruit = baseball ½ cup grapes = about 16 grapes 1 cup strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup carrots = about 12 baby carrots 1 baked potato = 1 computer mouse	3 oz. lean poultry = deck of cards 3 oz. tofu = deck of cards 2 tbsp. nut butter = golf ball ¼ cup almonds = 23 almonds
Dairy & Cheese	Fats & Oils	Sweets & Treats
1 cup yogurt = baseball ½ cup frozen yogurt = light bulb	All fats & oils at 1 tbsp. = poker chip	1 piece of chocolate = dental floss package 1 slice of cake = deck of cards 1 cookie = 2 poker chips



One of the easiest ways to know how much to put on your plate without a measuring cup or food scale is to divide your plate into four sections.

Devote $\frac{1}{4}$ of your plate to lean protein.

Devote $\frac{1}{4}$ of your plate to starch, such as rice, potatoes or pasta.

Finally, use the remaining $\frac{1}{2}$ of the plate for vegetables.

Source: www.webmd.com

Extra Portion Control Tips:

- Use smaller plates – having less food fill more of the plate can trick your brain into thinking you are eating more than you actually are.
- Don't keep serving bowls on the table as it encourages people to eat more than they should. The one exception to this rule is to keep vegetables easily accessible to encourage you & your family to fill up on veggies rather than higher-calorie options.
- Use colour and texture to make healthy food more exciting! Use all five of your senses to really appreciate your food. This will make you a more mindful eater and taking the time to appreciate your food gives your stomach more time to send the signal to your brain that you are full.
- Stop eating out of the package! Take the proper serving size out of the package and place it on a dish. It is too easy to overeat when the whole package is in front of you and you'll find you are satisfied with the proper portion size in time.

Timing Your Meals:

1. Aim to eat every 2-3 hours to keep blood sugar levels steady.
2. Eat within 1 hour of rising to avoid losing its stimulating benefits on your metabolic rate.
3. Stop eating 3 hours before bedtime. If you can't resist a bedtime snack, make sure to opt for something light that is high in protein and low in carbs & fat.

4. Eat proteins first. This will help speed the signal to your brain that you are full.

5. Never weight train on an empty stomach. You need energy from your foods in order to perform optimally. Less than 30 minutes of cardio on an empty stomach is ok.

6. Always eat within 45 minutes of finishing your workout. Ideally, a post-workout meal or snack should include a high-fiber carbohydrate paired with a lean protein.

Source: www.webmd.com, healthland.time.com

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