Stop Portion Distortion!
How to Retrain Your Brain to See Proper Portion Sizes

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Tip #1 – Use Your Hands

Using your hands as a measuring guide is the best and most convenient method to re-train yourself into consuming appropriate portion sizes.

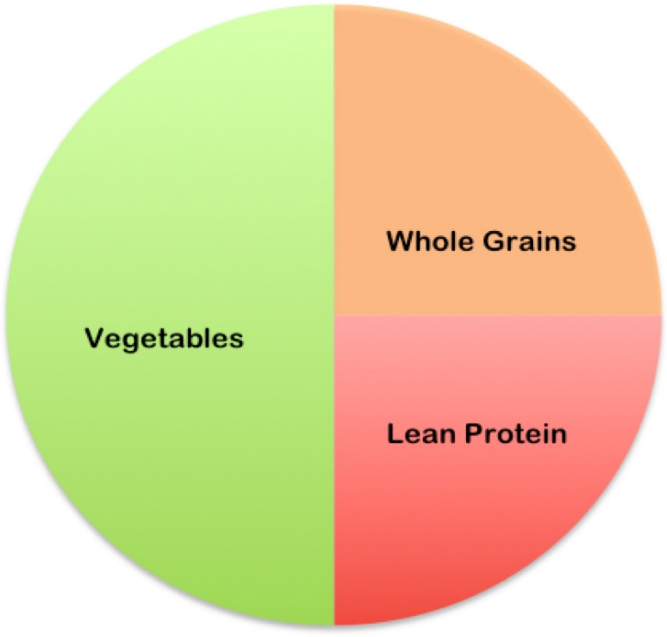
As you can see from this chart, proper portion sizes for different foods can always be determined by comparing them to different sections of your hand.

Tip #2 – Divide Your Plate

Here's a simple rule to portion a plate properly:

Divide it in half. Automatically fill one side with fruits or vegetables and leave the rest for equal portions of lean protein and whole grains.

This will ensure each meal is properly balanced and the proper amounts of each food groups are consumed. Having steak and potatoes for dinner? Without the vegetables, you'll see that your meal is incomplete. Add a side salad or some steamed veggies to the other half of your place for a complete, healthy meal!



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Tip #3 – Using "Fill'Er-Up" Foods

Did you know that choosing the right foods can help leave you feeling fuller, longer? Choose any of these foods and beverages and you will find it much easier to stick to the right portion sizes at each meal!

Nuts: Fiber, protein and fats activate satiety

Green & Orange Veggies: Contain 90% water & helps brain register fullness

Oats: Contains beta-glucan enabling body to release CCK, a hunger-suppressing hormone

Beans: Contains fiber-protein balance to increase fullness

Water: Drink 16 oz. before each meal to fill your stomach

Fish: Contains omega-3 fats which can fill you up for hours

Sources: www.webmd.com, www.health.com, www.sparkpeople.com

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