







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.

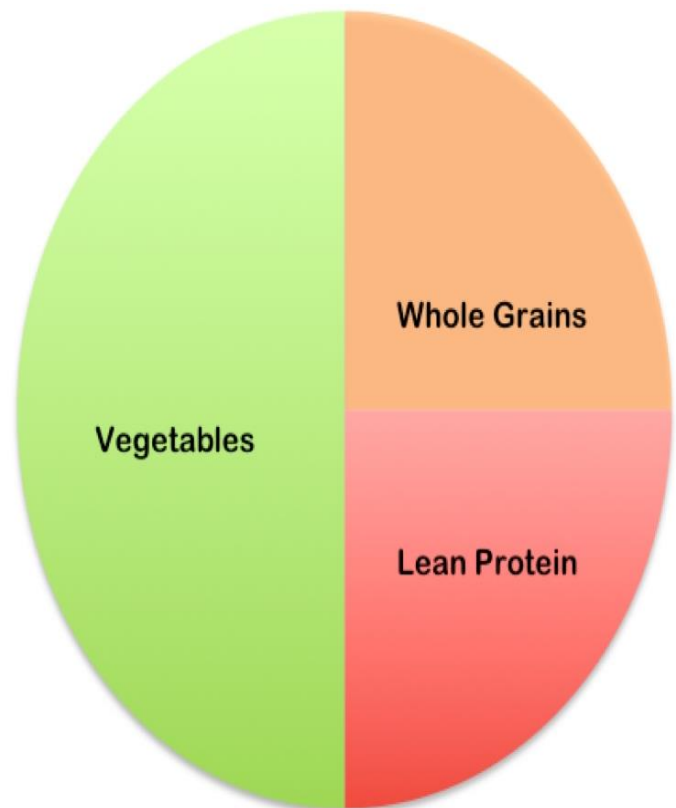
As you can see from this chart, proper portion sizes for different foods can always be determined by comparing them to different sections of your hand.

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 plate for a complete, healthy meal!



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