

NEAT Fact Sheet

"Portion Control and Serving Sizes"

- Today's typical portions are much larger than what they were 30 years ago and continue to increase (especially fast food meals).
- You should follow the serving sizes according to the Food Guide Pyramid.
- Tips to control your portions...
 - At restaurants ask for a "to-go" box and immediately wrap-up half your meal before you even start eating
 - At fast food restaurants order smaller portions or Kid's Meals
 - Eat your meals at home on smaller plates so it appears that you are eating larger portions
 - Eat a snack before a meal or drink a glass of water so you will not overeat
 - Do not wait until you are "starving" or very hungry to eat your meal
 - Always put chips from a large bag in a bowl or on a plate before eating

Common foods and serving sizes:

Food	Serving	Guideline
Bagel	1 large	6 oz. can of tuna
Bread	1 slice	Cassette tape
Cooked pasta	1 cup	baseball
Popcorn	1 cup	baseball
Rice	1/2 cup	Light bulb
Waffle or pancake	1 regular	CD
Broccoli	1 cup	Baseball
Carrots	1 cup	Baseball
Mashed potatoes	1/2 cup	Light bulb
Apple	1 medium	Baseball
Blueberries	1/2 cup	Light bulb
Dried fruit	1 oz.	Golf ball
Hard cheese	1 1/2 oz.	3 dice
Yogurt	8 oz	Baseball
Nuts	1/4 cup	Golf club
Beef and chicken	3 oz.	Deck of cards
Cooked beans	1/2 cup	Light bulb
Cooked fish	3 oz.	Checkbook
Lunch meat	1 oz.	CD

