



Cutting calories through **portion control**

Controlling your portions is necessary for eating healthy and managing your weight.

In fact, how much you eat is just as important as what you're eating. Eating too much of any food can result in weight gain. Learning to control your portions can help you cut unnecessary calories from your diet.



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Getting to Know Serving Sizes



Beef, pork, or poultry: 3 ounces, about the size of a deck of playing cards

Fish: 3 ounces, about the size of a checkbook

One serving of fruit, veggies, pasta or rice: 1 cup, about the size of a baseball

One serving of peanut butter or salad dressing: 2 tablespoons—about the size of a ping pong ball

One serving of cheese: 1.5 ounces; that's about the size of a domino



Strategies to Curb Overeating

Try these tips to control your portions!

Take a break when you're finished eating before going for more. This can help let your brain catch up to your stomach. You may find you're fuller than you think!

Use smaller plates and utensils to help you slow down your eating and reduce portion sizes.

Start with a small serving and make sure you finish everything before you consider eating more.

Place serving dishes away from the table to prevent automatically reaching for seconds.

Control your leftovers. Wrap food immediately after you're done eating to save for another time. If that's still too challenging, only cook what you know you should eat.

Avoid distracted eating. You're almost guaranteed to overeat when you're not focused on your food.

Check the nutrition labels on foods to see what serving size you really should be eating.

Measure your food to ensure you're eating the correct portion.

Take special care to pre-portion your unhealthier foods to ensure you eat only one serving.

Familiarize yourself with measuring spoons and cups so you can truly "eyeball" portions, or memorize visual cues.

Dining out doesn't have to be a challenge...

Put these ideas into practice next time you're eating away from home.

Split an entrée with a friend or family member.

Bring home half your entrée to eat for another meal.

Mind your meat. Restaurants often serve super-sized portions of meat. Check the ounces on the menu or ask your server. If it's more than 3, you'll know not to eat it all in one meal.

Avoid buffets. It's almost impossible to control your portions in an "all-you-can-eat" setting.

Opt for a salad. Eating a salad prior to your meal can help to reduce the chance of overeating.

The most important tip for portion control is not to deny yourself. Indulge in the foods you love, but do so in moderation. Allowing yourself to eat for pleasure some of the time may help you prevent binge eating and feelings of guilt that may lead to eating more.