

Using Portion Control for Weight Loss

When we sit down to eat, the last thing we want to think about is portion control. However for anyone on a diet, or just looking to maintain their weight, portion control is a quick and easy way to size up a serving.

So what really is a **portion** and a **serving**?

A **portion** is the amount of food you put on your plate. A **serving** is the specific amount of food defined by a measurement. Researchers measured typical servings at restaurants and fast food chains and found that bagels were 195 percent larger than the standard set by the USDA, muffins were 333 percent bigger and cooked pasta far exceeded the standard by 480 percent. No wonder our society is so overweight.

The good news is that with a little practice, eyeing up a portion can become second nature.

- ½ bagel (3 inch in diameter) = a hockey puck = approx. 70 calories
- 3 Oz. of meat = palm of your hand or a deck of cards = approx. 125 calories
- 1 slice of bread = a CD disk = approx. 100 calories
- 1 Oz. of cheese = a domino = approx. 90 calories
- ½ cup pasta, rice or yogurt = a hockey puck = approx. 70 calories
- 1 medium sized piece of fruit = a tennis ball = approx. 60 calories
- ½ cup cooked veggies = ½ baseball = approx. 25 calories
- 1 tsp. of mayo = 1 dice = approx. 45 calories

Using small plates, bowls and glasses will also help you keep portion sizes under control.

Next time you are sitting down to eat, pay attention to the portion size of the food you put on your plate. By eating normal portions, you can eat the foods you like and still shed those extra pounds. Most of all, listen to your hunger cues. Eat when you are hungry and stop eating when you feel satisfied, not overly full.

References:

Realage.com: How to pick the Perfect Portion

Everyday Health.com: 10 easy portion control tricks

MayoClinic.com: Weight Loss

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