

Portion Power: Your Secret Weapon

Sometimes, we eat way more than we should, and that can make it hard to stay healthy. Research consistently shows that people tend to eat more when presented with larger portions. This can happen for various reasons: habit, mindless eating, trying to get a better deal, or because you love that food! However, focusing on serving sizes and portion control can really help.

What's the Difference?

You might hear people talk about servings and portions. They sound the same, but they're a little different. A serving is the exact amount of food that's on the nutrition label. Like, it might say a serving of cereal is 1 cup. A portion is how much food you put on your plate. Sometimes our portions are way bigger than the serving size.

Why is This Important?

Eating too much can make it hard to lose weight, and it's not great for your health. Knowing the right serving size helps you get the right amount of calories.

How Do You Know How Much to Eat?

You can use everyday things to help you figure out serving sizes.

- Meat: A serving of meat (like chicken or beef) should be about the size of a deck of cards.
- Baked Potato: A baked potato should be about the size of a computer mouse.
- Ice Cream: A serving of ice cream is only about the size of two golf balls.
- Fruits and Veggies: A serving of fruit, like a small apple or orange, is about the size of a tennis ball. A serving of veggies, like carrots or bell peppers, is about the size of a baseball.
- Carbs: A serving of pasta or bread is about the size of a deck of cards.
- Fats: A serving of things like mayonnaise or butter is super small – about the size of a pair of dice!

You can also use your hands:

- Your fist is about 1 cup, good for fruits and veggies.
- Your palm is about 3 ounces, good for meat.
- Your thumb is about 1 ounce, good for cheese.

Other tricks for better portion control:

- MyPlate: Try to fill half your plate with fruits and veggies. Then, split the other half between protein and grains.
- Smaller Plates: Use smaller plates to help you eat smaller portions.
- Eat Slowly: Pay attention to your food and eat slowly. This helps you realize when you're full.
- Read Labels: Always check the nutrition label to see the serving size.
- Measure Your Food: Use measuring cups and spoons to be super accurate.
- Food Journal: Keep track of what you eat or even take pictures of your meals.

The Secret Weapon

Portion control is like a secret weapon for staying healthy. It helps you eat the right amount of food, get the right amount of fuel, and feel your best! When you get the right amount of calories, it makes it easier to lose weight.

