What are you trying to do, lose weight or just have a healthier lifestyle? Knowing how to control your intake is the key to meeting both of these goals.

Here is a good place to start. Do you know the difference between portion control and serving size?

Jethro Bodine was a young man on the Beverly Hill Billie’s (TV show) that ate portions that would make any super-size meal look wimpy these days. He was known for his “Giant Portions”. Are you making the same mistake? Are you eating a “Jethro Bowl” of cereal? I challenge you to measure out your cereal, rice, pasta, nuts and chips/snack items. Are you eating for three? This is a great example of controlling portions.

Serving size is the amount you should serve yourself according to the packages nutrition facts label. The suggested serving is directly related to the facts on the label such as calories, fat, carbs, protein and other nutrients. Let’s say a cereal box claims to have 22 servings and each serving is ¾ cup for 110 calories without milk. If you have more than ¾ of a cup then you are eating more than 110 calories. Using measuring cups is a great way to help control your serving of that food and stick to the suggested amount.

<table>
<thead>
<tr>
<th>Know your portions sizes</th>
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<tbody>
<tr>
<td>PROTIEN: 3 oz of cooked protein= Smart Phone</td>
</tr>
<tr>
<td>STARCH: 1 small potato= Computer Mouse</td>
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<tr>
<td>FRUIT: 1 piece of fruit= Baseball</td>
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Follow these tips: slow, serve smaller, practice, be mindful and cheat to control how much you eat at one time.

*Eat slowly. It takes about 20 minutes for your brain to get the signal that your stomach has had enough.

*Eat off smaller plates and bowls. A serving of pasta can look pathetic on a 10-inch dinner plate, but appears much more satisfying on an 8-inch one. A coffee cup is a great place to start with breakfast cereal.

*Practice makes perfect. Measure out a cup of cereal and half cup of milk for a few weeks. Eventually, you will be able to eyeball the correct amount.

*Be mindful. Watch out for the added calories from toppings such as butter, cheese, sour cream, bacon, and dressings. This adds up quick.

*“Cheat” with vegetables. If you are super hungry order extra veggies with salad, broccoli and other low-calorie, nutritious produce.

Campus Tips: See servings size for campus foods and nutrition facts before you order in the dining locations.

http://www.depts.ttu.edu/hospitality/smartchoices/nutrition.php
TTU Faculty Challenge 2015: Portion Control

Portion Control Quiz

1. A serving of hard cheese is the size of:
   1. The tip of your thumb
   2. Three dominoes
   3. Two hard candies

2. How many green grapes are in a serving?
   1. 5
   2. 15
   3. 30

3. What does a serving of pancakes look like?
   1. One 4" pancake
   2. One 6" pancake
   3. Two 5" pancakes

4. How many strawberries are in a serving?
   1. 10
   2. 8
   3. 5

5. How many baby carrots are in a serving?
   1. 6
   2. 10
   3. 15

6. How many French fries are in a serving?
   1. 10
   2. 20
   3. 30

7. A serving of fish most closely looks like:
   1. A deck of cards
   2. A checkbook
   3. A candy bar

8. A serving of ice cream most closely resembles:
   1. A tennis ball
   2. An egg

Answers
1. b. Three dominoes
2. b. 15 green grapes
3. a. One 4" pancake
4. c. 5 strawberries
5. a. 6 baby carrots
6. a. 10 French fries
7. b. A checkbook
8. a. A tennis ball