

# Portion Control When Eating Out

- Take at least half of your meal home. You could even ask that half your meal be boxed up before you are served.
- Share your meal or order an appetizer as your main meal.
- Eat a salad with low calorie dressing first. This will fill you up and help you eat less of your meal.
- Practice the plate method or eye-ball your servings.
- If allowed, order from the kids' menu. This way you are guaranteed to have a smaller portion.
- Don't be afraid to ask for what you want. Try replacing some of your starch with vegetables, or have your meat cooked without oil.

## Fun Facts

- Fast food portions are 2 to 5 times larger today as they were in the 1980s.
- 20 years ago the average bagel was 3 inches in diameter and 140 calories; now it is 6 inches and 350 calories.
- In 1908, a candy bar was .6 ounces and today it ranges from 1.6-8 ounces.
- Coca Cola® bottles contained 6.5 fluid ounces of soda in 1916 and today they contain 16-34 fluid ounces.

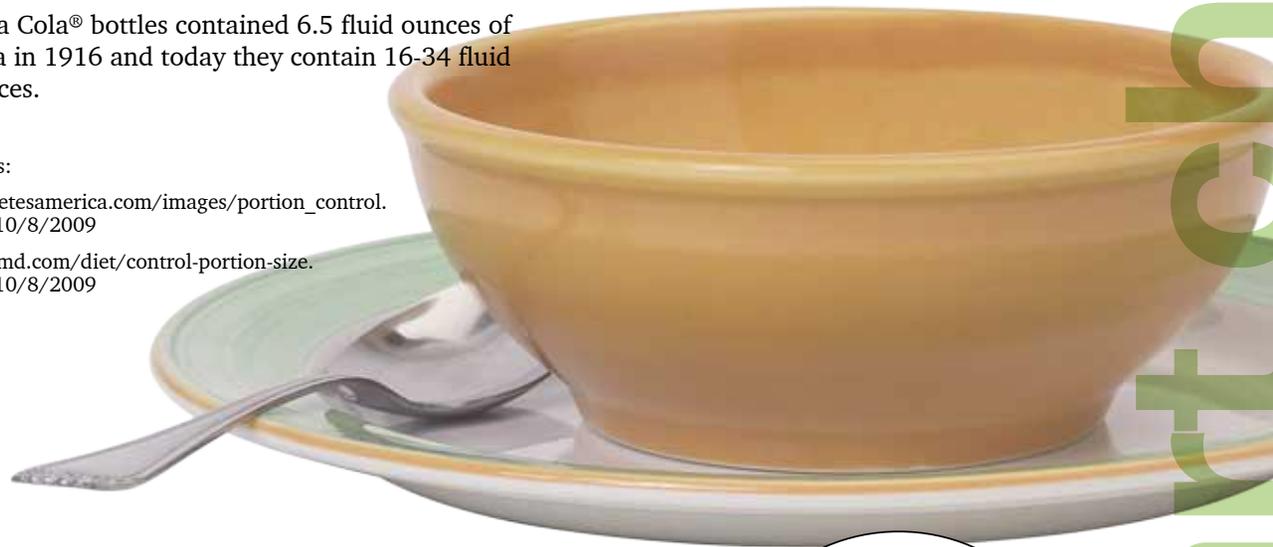
### References:

[www.diabetesamerica.com/images/portion\\_control](http://www.diabetesamerica.com/images/portion_control).  
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[www.webmd.com/diet/control-portion-size](http://www.webmd.com/diet/control-portion-size).  
Accessed 10/8/2009

## Portion Size

*The Amount Counts*



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# Portion Size

A serving isn't just the amount of food you put on your plate. The amount of food classified as a serving is defined by common measurements, such as cups, ounces, or grams.

Research shows that people unintentionally consume more calories when served larger portions. This can lead to excess calorie intake.

Whether you eye-ball or measure your servings, eating smaller portions is an important step to becoming healthier.

## Portion Control Plate

Many people find it easier to divide their dinner plate into sections. This is an effective way for beginners to measure portion sizes.

- 1/2 vegetables or fruit
- 1/4 starch
- 1/4 lean protein
- Add low fat milk



This is an easy way to visualize portions when eating out or at a social event.

## Eye-ball Your Portions

It is often helpful to estimate portion sizes by comparing them to everyday household items. This will allow you to eye-ball your portions and keep them under control at every meal, no matter where you are.

Here are some common examples:

A medium potato = Computer mouse



An average bagel = Hockey puck



1 cup of fruit = Baseball



3 oz. of meat = Deck of playing cards



3 oz. of fish = Checkbook



1 ounce of cheese = 4 dice



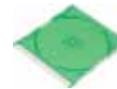
1 teaspoon peanut butter = Tip of your thumb



1 cup ice cream/yogurt/veggies = Tennis ball



4" diameter Waffle or Pancake = Compact disc



## Portion Control Tips

- Use smaller plates and bowls. This tricks your brain into thinking you have more food. Aim to use the 9 inch plate instead of the 12 inch plate at meal times.
- Make a habit of reading food labels to get familiar with serving sizes for particular foods.
- Make salad or vegetables the main part of the meal and treat meat as a side dish.
- Use smaller eating utensils. You get more bites and eat more slowly, which can help signal the brain that you are full.
- Eat slowly and eliminate distractions. Turn off the TV, and put your fork down between bites.
- Eat 5-6 small meals throughout the day to prevent overeating.
- When eating out, visualize what one serving of each food looks like before digging into your meal.