

# Helpful Tips About Serving Sizes

- Check the food label to see how many servings are in the container.
- See your plate as four parts. It should be filled with veggies on two parts, lean meats or veggie protein on one part, and whole grains on one part.
- Eat slowly. It takes time for your brain to know that your stomach is full.
- It's okay to treat yourself with cake or ice cream once in a while. This will help you not feel deprived. Make it a small portion. Eat less starch at this meal.

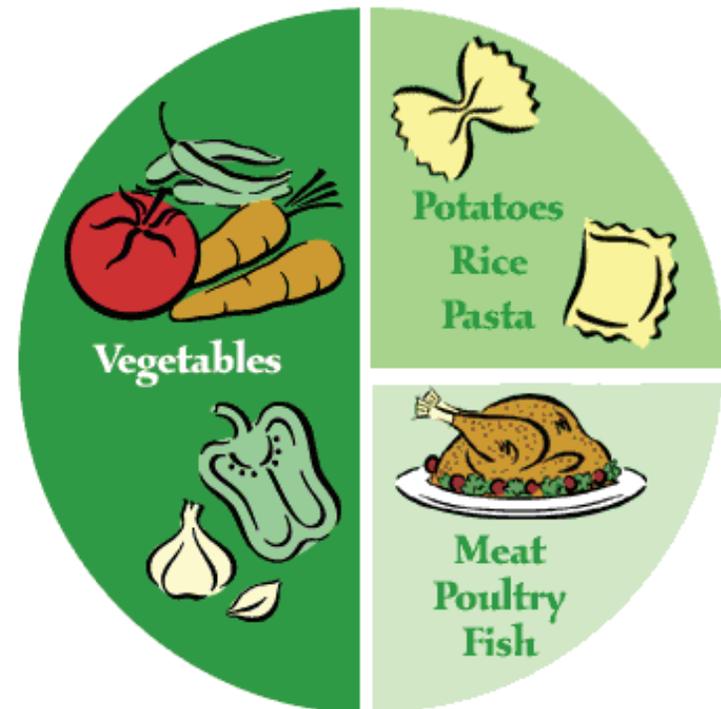


501 S. Idaho Street, Suite 100  
La Habra, CA 90631  
(562) 690-0400



## Serving Sizes For Food and Drinks

How do your sizes compare?



Many people tend to over eat without being aware of it. You may notice weight gain and don't know why. It may be the serving sizes you eat are more than your body needs. Are you eating the right amount of food? Check it out. Make changes today!

## How many servings from each food group do you need?

You need to eat from each food group to stay healthy. Learn how much of each kind of food you need. Eating the right amount of food helps control your weight. The chart below describes how much food from each food group to eat each day.

What food group?	How much each day?	How many servings each day?
Grains	5-8 ounces	6-11 servings
Vegetables	2-3 cups	3-5 servings
Fruits	2 cups	2-4 servings
Dairy	3 cups	2-3 servings
Meats and Beans	5-6 ounces	2-3 servings
Oils	5-7 teaspoons	Use only a little

## What is a serving size?

- 3-ounce cooked chicken or meat is the size of a deck of cards
- 1 cup of cooked rice or pasta is the size of a tennis ball
- 1 ounce of cheese is the size of your thumb
- 1 teaspoon of butter or margarine is the size of a dice
- 1 small baked potato is the size of a computer mouse
- 2 tablespoons of peanut butter or salad dressing is the size of a golf ball

## What types of beverages should I drink?

Water is best. Drink at least 8 glasses a day. Drink water before meals to stop you from over eating. Do not drink soda or fruit juice. Make your water taste better:

- Add a lemon, lime or favorite fruit to your water
- Add a little bit of your favorite fruit juice
- Make flavored iced cubes with fruit and add to water

## How can you stop from eating too much?

- Use smaller plates.
- Eat only when you are hungry.
- Never eat out of a bag.
- Drink water to stay hydrated.
- Put healthy snacks into little bags.
- This may be nuts or veggies.
- Do not eat while watching TV.
- Eat small portions of food every 3 hours.
- Schedule your meals at the same time so your body can get used to eating at a certain time.
- If you are really hungry between meals, eat a healthy snack. Waiting to eat will make you want to eat more during the meal. Eat slowly and enjoy your food!



## How can I control my portion sizes at restaurants?

- Start off with a soup or salad.
- Ask for sauces and dressing on the side.
- Divide your meal in half right away. Eat half and take the rest to go. Or, share a meal with a friend.
- Order foods that are grilled rather than fried.
- Ask for veggies or fresh fruit instead of fries.
- Do not eat at buffets.

