

## Scaling Back:

# How to Manage Your Portion Sizes

Before you can find out how many calories you get from a food, you have to know *how much* of that food you eat (the portion size). But how do you figure out a portion size? Here are some techniques:

- **Use measuring utensils:** Ideally, measuring cups, measuring spoons, and food scales should be used to determine portion sizes. If you practice measuring food portions before you eat, you will eventually be able to estimate portions by eyeballing them.
- **Premeasure dishes that you use on a regular basis:** Once you know how much a bowl, cup, or glass holds, you know how much you are eating. Another way to do this is to mark the cup, glass, or bowl so you know how much to fill it to have your desired portion size.
- **Use prepackaged portions:** This also helps cut back on leftovers and temptations.
- **Use the following guidelines to estimate portion sizes:**
  - 3 ounces of meat = a deck of cards
  - 3 ounces of fish = a checkbook
  - ½ cup of rice or vegetables = 1 ice cream scoop or ⅓ of a soft drink can
  - ¼ cup of nuts or dried fruit = 1 golf ball
  - 2 tablespoons of peanut butter = 1 ping-pong ball
  - 1 pancake = 1 CD
  - 1 ounce of cheese = 4 stacked dice or a square ice cube