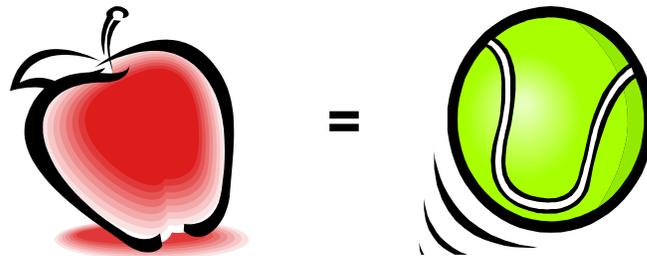


Portion Sizes

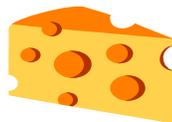
Estimating portion size is not easy. In fact, we all have our own individual idea of what a portion size is. To keep accurate food records, portion sizes have to be standardized. This requires practice. Once you know what a correct portion size is and looks like you will be able to keep better, more accurate food records.



One Medium Apple = Tennis Ball

Over time, our sense of portion size can change. That means we constantly need to check ourselves. Pull out your scale or household measures often. Is what you thought was one ounce actually just one ounce?

1 oz of Cheese



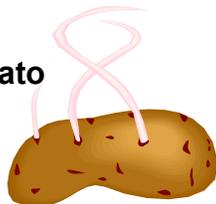
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4 Stacked Dice

Eat off the same plate at home. Studies have shown that people will eat more if they are served more. Keeping your plate size constant can help control portion sizes.

1 Baked Potato



=



Computer Mouse

Watch the fast food. One study found that portion of french fries served from fast food restaurants was 15 – 50% more than the company stated the serving size was.

1 Teaspoon

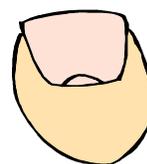


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1 Penny

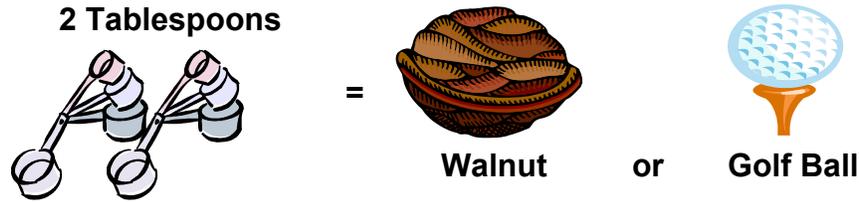


or

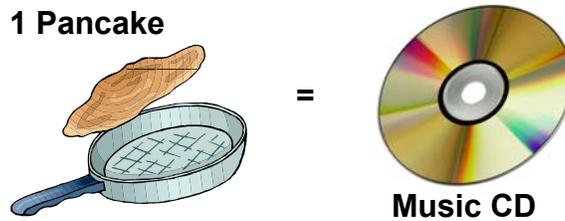


Tip of Your Thumb

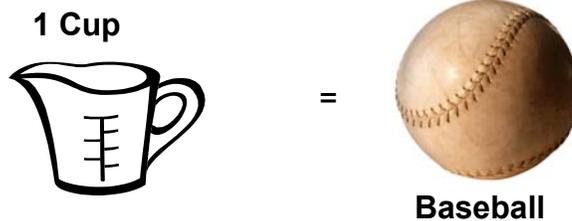
Keep your eye sharp by rechecking yourself with a scale or measuring cups. Note how much space $\frac{1}{4}$ cup takes on your plate. Note how much space $\frac{1}{2}$ cup takes on your plate.



Some foods “shrink” or lose volume after they have been cooked. Others, like noodles, actually increase in size after cooking. To be exact, measure foods in the same manner as the Food Label or package instructs.



Remember practice makes perfect. Don't give up. Accurate portion sizes will lead to more accurate food records and better dietary management!



Quick Reference Guide

| | | |
|--|---|--|
| $\frac{1}{2}$ cup Fruit, Cooked Cereal, or Pasta | = | small fist or $\frac{1}{2}$ a baseball |
| 1 tortilla | = | small (7 inch) plate |
| $\frac{1}{2}$ bagel | = | small soft drink lid |
| 1 teaspoon Margarine or Butter | = | thumb tip |
| 2 tablespoons Butter | = | golf ball |
| 1 small baked potato | = | computer mouse |
| 1 pancake or waffle | = | music CD |
| 1 medium apple or orange | = | tennis ball |
| 4 small cookies (like vanilla wafers) | = | four checkers |
| 1 ounce cheese | = | 4 dice or a domino |
| 1 tablespoon salad dressing | = | ping-pong ball |
| 2-inch slice of melon | = | width of 3 fingers |
| 1 cup | = | 1 baseball |

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April 2004