



Nutritional tips for Parents: Portions

Weight controllers need to know the details of portion sizes in order to both lose weight and maintain it. Many people find visual images quite useful when they estimate portion sizes. See which of the following images surprise you:

3 ounces of meat, poultry, or fish = deck of playing cards

1 ounce of meat, poultry, or fish = matchbook

1 cup of fruit or yogurt = baseball

½ cup of chopped veggies = three ice cubes

1 cup of potatoes, rice, or pasta = a fist or a tennis ball

1 medium orange or apple = baseball

1 standard bagel = hockey puck

2 tablespoons of peanut butter = golf ball

1 ounce of cheese = four dice or a tube of lipstick



Here are a few other tips that can make portion sizes more manageable and easier to use to keep calories under control at home:

- Have the family eat meals on smaller plates and bowls to get a feeling of eating a lot when a little is there.
- Make sure your children avoid eating directly out of the bag or container. Dish out a serving, or two to them so they'll relish each bite.
- Eat as slowly as possible and focus on the texture, taste, and aroma of the food. Focus on savoring, not gulping.
- At meal times, have the family concentrate on eating or eating and talking rather than eating mindlessly (and therefore without a sense of the details of the amounts) while watching TV.

(<http://www.myoverweightchild.com/nutritional-tips.html>)

