

# NUTRITION NEWSLETTER

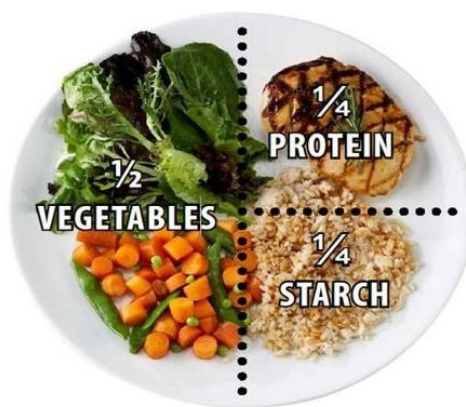
Provided by Virginia Tech Dining Services

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## Portion Control

Portion control is an important part of a healthy diet. Using MyPlate as your guide for building healthy meals can help you achieve proper portion control. Using smaller plates, bowls, and cups will keep your portion sizes in check. The bigger the dish— the more likely you are to fill it. Try using a coffee mug for high calorie items like ice cream to control the amount you consume. Taking your time when eating can also assist with portion control. Be mindful of what you are consuming and listen to your body's cues— stop eating when you begin to feel satisfied or full and eat when you feel hungry. You can use everyday objects as a reference for portions sizes. Your hand can also be a good measuring tool. For example, a portion of meat should be about the size of you palm & about the thickness of your palm. Portion control is important especially with those foods that need to be consumed in moderation such as sweets and refined grains. Every food can fit into a healthy diet as long as it is in moderation and portion sizes are controlled!

- *A deck of cards = 3 oz. meat or poultry*
- *4 dice = 1-1 1/2 oz. cheese or 2 slices of cheese*
- *A golf ball = 2 tbsp. peanut butter*
- *A baseball = 1 cup cooked rice or cereal*
- *A computer mouse = 1 baked or sweet potato*



- **Use MyPlate as your guide for portion control.**
- **Visit [choosemyplate.com](http://choosemyplate.com) to develop a personalized food plan.**