

## Managing Your Weight: Portion Control

Filling your plate with a variety of healthy food choices in the right amounts can help you manage your weight and get the nutrients you need. It is important to make healthy food choices from the following groups.

- Lean protein
- Vegetables
- Fruits
- Whole grains
- Low-fat dairy
- Heart-healthy fats

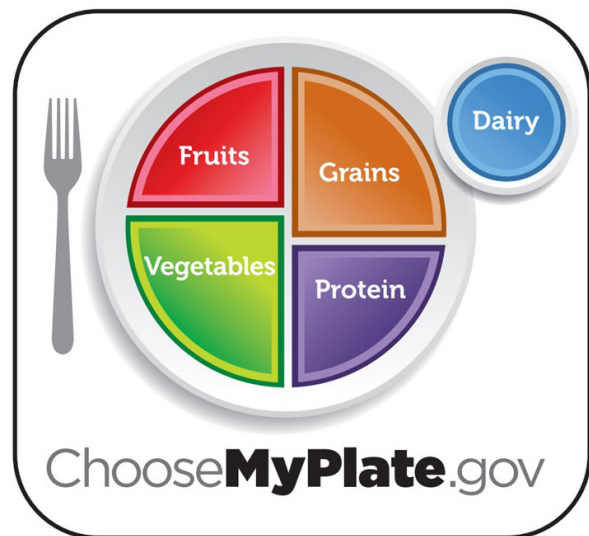
### Portion control

You may want to eat healthier, but don't know where to start. The *MyPlate* tool developed by the U.S. Department of Agriculture gives you tips on portion control and how to move toward better eating.

- Fill a little more than 1/4 of your plate with vegetables.
- Fill a little less than 1/4 of your plate with fruit.
- Fill a little less than 1/4 of your plate with lean protein or beans/legumes.
- Fill a little more than 1/4 of your plate with whole grains.
- Include low-fat or fat-free dairy in your diet.
- Limit healthy fats and oils to about 1 tablespoon per meal.
- Drink water, tea or coffee. Use added sugars or sweeteners sparingly or use zero-calorie sweetener. Avoid sugary drinks.

Measuring cups and spoons are not always available when you are getting ready to eat. You can also get an idea of a portion size by comparing it to something else.

- 1 cup = baseball
- 1 tablespoon = thumb
- 2 tablespoons = golf ball
- 3 ounces = deck of cards
- 1 teaspoon = 1 die
- 1 ounce = 4 dice or 1 domino
- 1/2 cup = small handful



## Serving sizes of common foods

A “serving” is the amount of food recommended by resources such as MyPlate or the Nutrition Facts label on a food item. A “portion” is the amount of a food you choose to eat at any one time — which may be more or less than a serving.

Knowing how much of a food is a serving will help you manage your weight. The exact number of servings to eat from each food group daily (see table) depends on your age, sex and level of physical activity.

Keep in mind that a varied, balanced diet is the best way to make sure you are getting the nutrients you need for good health.

<p><b>Protein Foods – 5 to 6 1/2 servings</b> <i>(amounts shown count as 1 serving)</i></p>	<p><b>Fruits – 1 1/2 to 2 servings</b> <i>(amounts shown count as 1 serving)</i></p>
<ul style="list-style-type: none"> <li>• 1 ounce cooked meat, poultry or fish</li> <li>• 1/4 cup cooked beans, peas or lentils</li> <li>• 1 egg</li> <li>• 1 ounce low-fat cheese (1 slice)</li> <li>• 1/4 cup tofu</li> <li>• 2 tablespoons hummus</li> <li>• 1/2 ounce nuts (such as 12 almonds)</li> <li>• 1 ounce canned salmon or tuna</li> <li>• 1 tablespoon peanut or almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• 1 medium whole fruit</li> <li>• 1 cup cut raw, frozen, cooked or canned fruit</li> <li>• 1 cup canned fruit (packed in water or natural juice, without syrup)</li> <li>• 1 cup applesauce (unsweetened)</li> <li>• 1 cup 100% fruit juice</li> <li>• 1/2 cup dried fruit (limit due to higher calorie and sugar content)</li> </ul>
<p><b>Grains – 5 to 8 servings</b> <i>(amounts shown count as 1 serving)</i></p>	<p><b>Vegetables – 2 to 3 servings</b> <i>(amounts shown counts as 1 serving)</i></p>
<ul style="list-style-type: none"> <li>• 1 regular slice whole-grain bread</li> <li>• 1/2 cup cooked whole-grain pasta or rice</li> <li>• 1/4 large whole-wheat bagel</li> <li>• 1/2 whole-grain English muffin or bun</li> <li>• 1 small whole-grain tortilla (7 inch)</li> <li>• 1/2 cup cooked cereal or oatmeal</li> <li>• 1 cup whole-grain, high-fiber cold cereal</li> <li>• 3 cups popped popcorn, unbuttered</li> <li>• 5 whole-grain crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup raw vegetables</li> <li>• 1 cup cooked vegetables</li> <li>• 1 cup tomato or 100% vegetable juice</li> <li>• 2 cups raw, leafy greens</li> <li>• 1 cup raw spinach, cooked</li> </ul>
<p><b>Dairy – 3 servings</b> <i>(amounts shown count as 1 serving)</i></p>	<p><b>Oils – 5 to 7 teaspoons (limit; not a food group)</b> <i>(amount of oil in common foods)</i></p>
<ul style="list-style-type: none"> <li>• 1 cup low-fat or nonfat milk</li> <li>• 1 cup low-fat, low-sugar yogurt</li> <li>• 1 cup low-sugar Greek yogurt</li> <li>• 1 cup nonfat buttermilk</li> <li>• 1 cup calcium-fortified soy beverage</li> <li>• 1 1/2 ounces hard cheese</li> <li>• 1/3 cup shredded cheese</li> <li>• 2 cups cottage cheese</li> <li>• 1 cup frozen yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 tablespoon oil (olive or canola) = 3 teaspoons</li> <li>• 1 tablespoon mayonnaise-type salad dressing = 1 teaspoon</li> <li>• 2 tablespoons Italian dressing = 2 teaspoons</li> <li>• 1 tablespoon margarine = 1 1/2 teaspoons</li> <li>• 1/2 medium avocado = 3 teaspoons</li> <li>• 8 large, ripe olives = 1/2 teaspoon</li> <li>• 1 ounce peanuts = 3 teaspoons</li> </ul>

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