

Portion Control Point of Learning

How to Earn Points in Portion Control:

One of the emphases in CrossWalk for which you can earn points is Portion Control. Worth 3 points per week, you have the option of decreasing your portion sizes for 14 of the 21 possible meals per week. Below you will find some helpful information and some websites to visit if you want to dig deeper into this information.

1. Learn about how adequate portions compare to what you may currently be eating
2. Choose adjustments and check off the days on your points worksheet that you reduce portions
3. A good rule of thumb is that women should eat $\frac{1}{2}$ of what a grown man eats in a portion size, and $\frac{1}{3}$ of what a teenager in a growth spurt would eat in a given day.
4. At the end of the week, calculate if you have changed portions on enough meals to credit your walk with 3 points!

Serving Sizes List from the American Diabetic Association

1 cup cereal= a fist

$\frac{1}{2}$ cup cooked rice, pasta or potato= 1/2 baseball

1 baked potato= a fist

1 medium fruit= a baseball

$\frac{1}{2}$ Cup fresh fruit= $\frac{1}{2}$ baseball

1 1/2 oz cheese= 4 stacked dice

$\frac{1}{2}$ cup ice cream= $\frac{1}{2}$ baseball

2 tablespoons Peanut butter= a ping pong ball

1. These servings all provide about 15 grams CHO and can be used interchangeably.
 - One piece (eg, one slice bread, or one small apple)
 - One half (eg, Hamburger buns, English muffins, large banana, or grapefruit)
 - One half-cup or one quarter plate (mashed potatoes, juice, or cut up fresh fruit)

One cup of milk

Portion Distortion Websights

Portion Information Slide Shows sponsored by National Institutes of Health

http://hp2010.nhlbihin.net/oei_ss/menu.htm

Mayo Clinic Portion Slide Show

<http://www.mayoclinic.com/health/portion-control/NU00267>

Helpful Hints for Portion Success

- Eat ½ of what you are used to consuming of a high calorie food
- Ask for a take home tray and divide your portion at the beginning of the meal
- Order a lunch portion
- NO super sized orders unless you are dividing with someone
- Create your own single serving snacks in snack size Ziplocs at home
- Read your food labels to see how many are in a serving size, for instance, 16 cheetos
- Avoid all you can eat restaurants!
- Learn serving size equivalents like 1 cup of pasta= size of baseball

- Note how many servings per dish on a recipe, and use that as a guide for how much to serve. Makes 4 servings means serve $\frac{1}{4}$ the recipe per person.

Rate Your Plate

A quick way to make sure you are eating a variety of healthful foods at each meal is to "[Rate Your Plate](#)." Rate your plate is a great way to practice portion control if you are trying to lose weight. Follow the link to a fun tool to help you plan your meals.

When you sit down for a meal, draw an imaginary line through the center of your plate. Draw a line to divide one section into two.

- About one-fourth of your plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn, or peas.
- Another fourth should be protein -- foods like meat, fish, poultry, or tofu.
- For the last half of your plate, you can fill it with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes, and cauliflower.
- Then, add a glass of non-fat milk and a small roll or piece of fruit and you are ready to eat!

http://www.diabetes.org/all-about-diabetes/chan_eng/i3/i3p4.htm