

Topic 7: Practicing Healthy Portions

In the past 20 years, not only are Americans dining out more often, but portion sizes at restaurants have increased 25 to 50%! And this can influence how much we serve ourselves at home. Eating larger portions can greatly influence our waistlines.

Learning how much you should eat of certain food groups is a good start to a healthy lifestyle.

Here are a few tips to prevent overeating:

- Do not freely eat out of the container. Grab only a handful of chips from the refillable chip basket, measure out a serving of snacks (popcorn, chips, crackers, nuts)
- Share an entrée when dining out, or eat ½ and pack up the other ½ for to-go
- Use smaller plates, bowls and glasses to avoid serving too much.

Here are the recommended serving sizes of different food groups. For non-starchy vegetables, eat the minimum amount or more at most meals. Notice that some serving sizes are designated for a meal, others like fruits, are set for the day.

Vegetables, minimum amounts per meal	Grains, 1-2 servings per meal
2 cups cooked colorful veggies	1 slice 100% whole wheat bread
1 cup raw, colorful veggies	1 cup high fiber cereal
2 cups raw leafy greens	1/2 cup brown rice/quinoa
No juice	1/2 cup cooked whole wheat pasta
	1 cup plain popcorn

Fruits, 2 servings/day	Starchy Vegetables, 1-2 servings per meal
1 whole fruit with skin-on	1/2 cup potatoes with skin-on
1 cup chopped fruit	1/2 cup cooked beans, lentils
1/4 cup dried fruit	1/4 cup hummus
No juice	1/2 cup corn, peas
	1/2 cup winter squashes

Fats and Oils, 1 serving per meal	Dairy, 1 serving per meal
1 tsp oil	1 cup low fat cow's milk
1 tsp butter	3/4 cup low fat plain yogurt
1 tsp mayonnaise	1oz cheese
1 Tbsp. salad dressing	1/2 cup low fat cottage cheese

Nuts, Seeds and Avocado	Meats and Eggs, 1 serving per meal
1 Tbsp. natural peanut butter	3 to 5 oz cooked lean meat, preferably fish
1/4 cup nuts or seeds	1 to 2 whole eggs
1/3 of an avocado or 1/2 cup slices	2 to 4 egg whites

Topic 7: Practicing Healthy Portions – Patient Form

Part 1: Test Your Knowledge

1. What is the correct portion for these snacks?

a. 1 string cheese with 1 medium apple	b. ¼ cup almonds with 1 cup grapes
c. ¼ cup hummus with 1 cup baby carrots	d. all of the above

2. What behaviors could lead to overeating?
 - a. Eating a bag of chips while driving
 - b. Eating a bucket of popcorn while watching a movie
 - c. Eating a bag of nuts at your computer
 - d. All of the above

3. What tips would help to prevent overeating?

a. Weigh and measure foods before eating	b. Eat while talking on the phone
c. Use smaller plate, bowls, and glasses	d. Both a and c

Part 2: Diet Log – Pick 3 days and log your food and drink intake

Meals, Snacks and Drinks	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Drinks			

Part 3: Exercise

Did you exercise this week? YES NO

If not, why: _____

If yes, what did you do and how often: _____

Part 4: Weekly Weigh-in

What is your weight today? _____

Today's Date: _____

Print Your Name: _____

Date of Birth: _____

Dietitian Signature: _____ (Lin Lin Shao RD LD)