



Healthy Eating Tip

The Truth About Portion Sizes

It's no surprise that today's portion sizes have drastically increased. Research shows that people unintentionally consume more calories when presented with larger portions.

This can mean significant excess calorie intake, especially when eating high-calorie foods.



What You Need to Know

Right Amount: The *right amount* should be based on your body's calorie needs, your preferences, activity level and overall wellness goal. Weight gain results from eating more calories than you take in. Keep in mind that *how much* you eat is just as important as *what* you eat.

Variety Matters: Eating a variety of foods from each food group will help you get the proper nutrients to fuel your body's needs.

Portion vs. Serving: A **portion** is the amount of food that you choose to eat at one time (for example, a meal or snack). It can be big or small, you decide. A **serving** is a measured amount of food or drink, such as one slice of cheese or one cup (eight ounces) of milk.



How to Regulate

[The Dietary Guidelines for Americans 2015-2020](#) can give you an idea of how many calories you may need each day based on your height, weight, age, gender, and physical activity level.

Customize your own meal plan at [MyPlate Plan](#) to find out how much of each food group you need for a balanced diet.

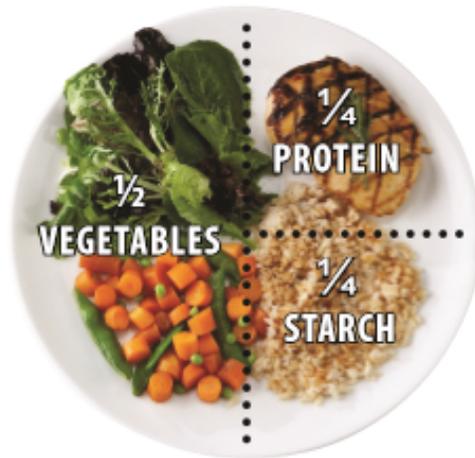
Many foods that come as a **single portion** actually contain **multiple servings**. Use the [Nutrition Facts label](#) to make quick, informed food choices that contribute to a healthy diet.



From Corporate Fitness Works Registered Dietitian, Elaine Beville

Healthy Eating Continued...

Good Rule of Thumb



Using a 9-inch plate

PORTION SIZE YOUR PLATE

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

Smart Size Your Meals

Using portion control is a good strategy to enhance healthy eating, while also keeping your calories in check. Consider these techniques that can help you train your brain to become more mindful when it comes to smart sizing your meals for optimal wellness.

Share with a Friend - Start your meal with a healthy appetizer and plan to share the entrée with a friend. Restaurants often serve larger portions, so by sharing a meal can help create a smaller portion and a huge calorie savings.

Downsize Your Plate and Utensils - Using smaller plates and utensils can help keep portion sizes in check while tricking your brain into thinking you're eating more.

Oversize Your Vegetables - Try scaling down the portions of other foods and fill up the rest of your plate with colorful vegetables. Vegetables add volume to your meal, letting you eat fewer calories for the same amount of food.

Sources:

[WebMD](#)

[Dietary Guidelines](#)

[Choose My Plate](#)

[Nutrition Facts Label](#)