





➤ Healthy portions

Knowing what healthy portions look like can help you lose weight

Take control of portion distortion

Eating healthier starts with understanding portion sizes of your favorite foods. Unfortunately, it seems like everyone wants you to eat more than you should – restaurants give you too much per serving, and food at the store comes in larger-than-life packaging. You can take control by knowing what your portions should look like.

Healthy mealtime portions			
Food	Same size as	Food	Same size as
3 ounces cooked meat		1 teaspoon butter	
3 ounces cooked fish		2 tablespoons peanut butter	
1 cup cooked veggies		1 ounce cheese	
½ cup pasta		1 medium fruit	
1 pancake or tortilla		1 cookie	



Stick to smaller portions – your body will thank you

It can be hard at first to begin eating correct portion sizes, but keep at it. Soon, your healthy habit will start feeling normal. Here are some tips to help:

- Give yourself a smaller mealtime portion. If you're still hungry, then go back for a small second helping.
- When eating out, immediately put half your meal in a to-go box so you're not tempted to eat more than you need.
- Take your time eating; chew slowly and focus on the meal.

Did you know?

Most restaurant portion sizes are actually two to four times the recommended serving. So, that 12-ounce steak you ordered should last you for four meals!

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