

# CALORIE COUNTING AND PORTION CONTROL

A faint, light blue background image of a balance scale, symbolizing balance and measurement. The scale is positioned on the right side of the frame, with its pans hanging from a horizontal beam. The overall aesthetic is clean and professional, with a soft gradient background.

# WHAT IS A SERVING?



- Serving size differs depending on the food.
- A serving of milk is not the same as a serving of rice.
- Food labels tell you how much is in a serving.

# NUTRITIONAL FACTS

<b>Nutrition Facts</b>	
Serving Size 1 cup (228 g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13 g	20%
Saturated Fat 5g	25%
<i>Trans Fat</i> 2g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 660mg	28%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9	• Carbohydrate 4 • Protein 4

- The first line tells you how much is in 1 serving and how many servings there are in a container
- Serving size=the amount of food in 1 serving
- Serving per container= you need to measure the serving size to be sure you eat the right amount

# HOW IS A SERVING MEASURED?



- Some foods are weighed in ounces.
- Some are measured in spoons or cups.
- Others, like fruits, are based on an average, or medium size serving

# WHAT IS AN OUNCE SERVING?



1 ounce of cheese is about the size of a domino

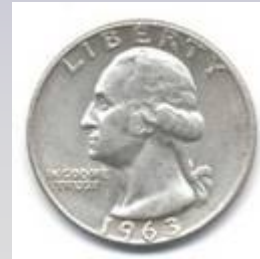
- A serving of meat, poultry, or fish is 2-3 ounces.
- A serving of natural cheese is 1½ ounces.



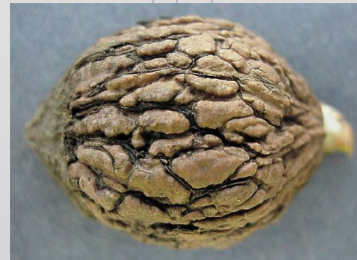
3 ounces is about the size and thickness of a deck of cards.

# WHAT IS A TABLESPOONS AND TEASPOON?

- A serving of peanut butter is 2 tablespoons.
- A serving of salad dressing is 1 tablespoon.
- A serving of fat, oil, or sugar is 1 teaspoon.



A tablespoon is the size of a quarter.



2 tablespoons are about the size of a walnut



A teaspoon is about the size of a penny

# WHAT IS A CUP?

- **A serving of these foods is  $\frac{1}{2}$  cup:**
  - **Cooked cereal, rice, or pasta**
  - **Cooked or chopped raw vegetables**
  - **Chopped, cooked, or canned fruit**
- **A serving of vegetable or fruit juice is  $\frac{3}{4}$  cup.**
- **A serving of these foods is 1 cup:**
  - **Raw, leafy vegetables**
  - **Berries**
  - **Milk or yogurt**



Ice-cream scoop  
 $\frac{1}{2}$  cup



1 cup is about the size of an 8-ounce carton of yogurt



$\frac{3}{4}$  cup is the size of of a standard Styrofoam cup

# WHAT IS A MEDIUM SIZED SERVING?

- A serving of fresh, whole fruit is 1 medium sized piece.
- A serving of melon is one 2-inch slice.



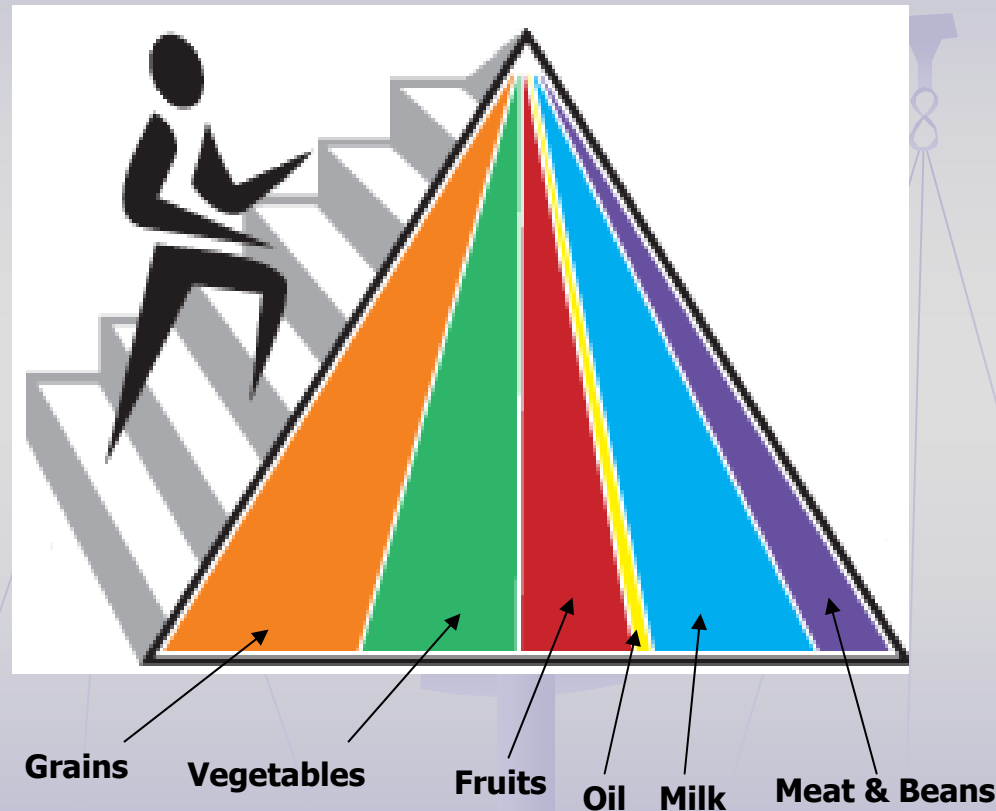
A 2-inch slice of melon is about the width of three fingers



A medium-sized fruit is about the size of a small fist

# HOW MANY SERVING A DAY

- Keep your weight in control (or lose weight if you are overweight)
- Stay active most days of the week
- Eat low fat meals high in fruits, vegetables as well as whole grain foods

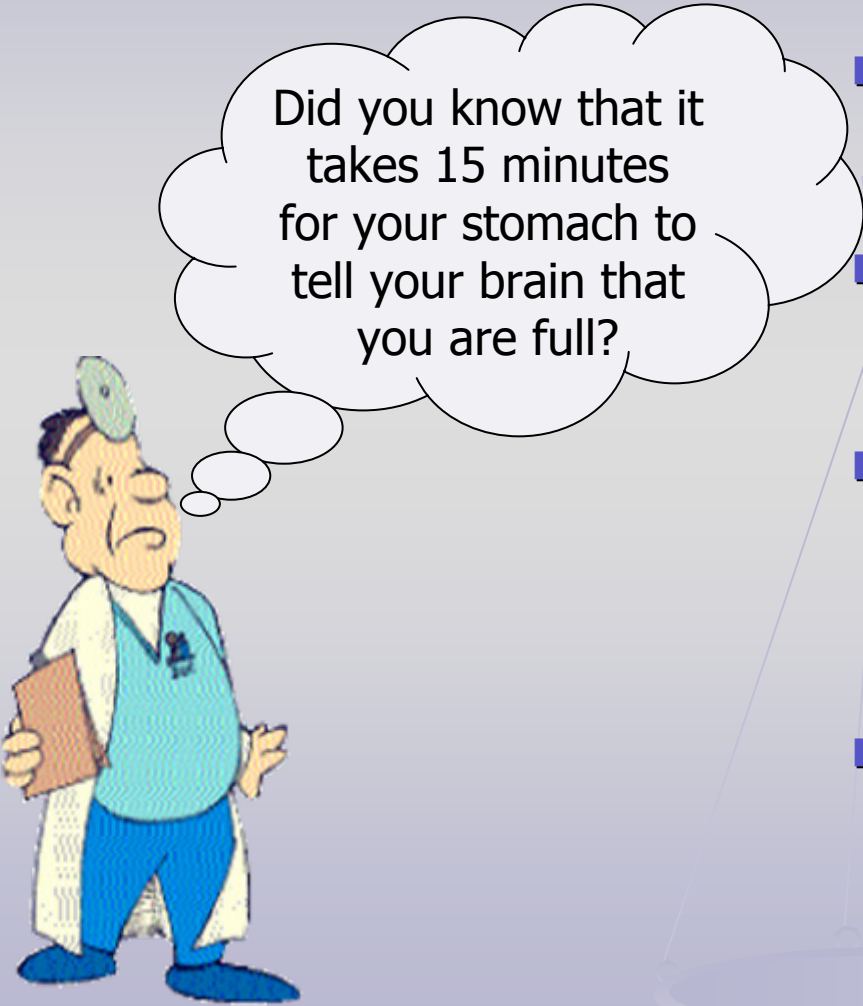


# PORTION CONTROL

Try these other ideas to help you control portions at home:

- **Take a standard serving out of the package** and eat it off a plate instead of eating straight out of a large box or bag.
- **Avoid eating in front of the TV or while busy with other activities.**
- **Eat slowly** so your brain can get the message that your stomach is full.
- **Take seconds of vegetables or salads** instead of higher-fat, higher-calorie parts of a meal such as meats or desserts.
- **When cooking in large batches, freeze food that you will not serve right away. Try to eat three sensible meals at regular times. Keep snacking to a minimum.**
- **When you do have a treat** like chips, cookies, or ice cream, eat only one serving, eat it slowly, and enjoy it!

# HELPFUL TIPS



Did you know that it takes 15 minutes for your stomach to tell your brain that you are full?

- Measure serving sizes for 1 or 2 weeks
- Serve main courses on small plates
- Plan meals with more servings of grains, vegetables, and fruits
- Eat slowly

# HELPFUL HINTS



You do not need to measure and count everything you eat for the rest of your life-just long enough to recognize standard serving sizes

# HELPFUL HINTS



Walking 1 mile burns about 100 calories. Adding a 1-mile walk daily results in a 10-pound per year weight loss!

