

AllinaHealth  Weight Management

Managing portions
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What methods do you use to help manage portions?



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Portion distortion




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Portion distortion



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Motivated by numbers?




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Portion control tips

- 1 Eat at regular intervals
- 2 Listen to your hunger cues
- 3 Plate your food in the kitchen
- 4 Plan when you'll eat your leftovers
- 5 Portion food into smaller containers

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Portion Containers

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Portion Comparisons

Three ounces of meat is about the size and thickness of a deck of playing cards.	
One medium apple or 1 cup of raw vegetables is about the size of a baseball.	
One ounce of cheese is about the size of four stacked dices.	
One-half cup of ice cream or 1/4 cup of cooked pasta is about the size of an ice cream scoop.	
One slice of bread or one 6-inch tortilla is about the size of a DVD.	
One teaspoon of butter is about the size of a poker chip.	

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Portion plate

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Prioritize your carb choices

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Ask for a box with your food

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What other strategies do you use?

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