

Operation portion control



Did you know that some common food portions can equal the amount that is recommended for the whole day? The fact is you may be eating more than you realize. For example, one bagel may weigh up to five ounces, which equals the entire day's allotment of grains for someone on a 1600-calorie nutrition plan.

The battle of the bulge

Portion size has a lot to do with why Americans are getting chubbier. Because there's too much of everything on our plates, many of us are getting far more calories than we need daily. To start "Operation portion control," you need to know how big a portion size really is. You may be surprised to learn these are serving sizes:

- One slice of bread
- One-half cup rice or pasta (cooked)
- One small piece of fruit (super-large apples are 2+ servings)
- One wedge of melon
- Three-fourths cup of fruit juice
- One cup of milk or yogurt
- Two ounces of cheese (about the size of a domino)
- Two to three ounces of meat, poultry or fish (about the size of a deck of cards)



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Visualize the serving size

What one serving looks like	
<p>Grains: 1 cup of cereal flakes = fist 1 pancake = compact disc ½ cup of cooked rice, pasta, or potato = ½ baseball 1 baked potato = fist 1 slice of bread = cassette tape 1 piece of cornbread = bar of soap</p> <p>Vegetables and fruit: 1 cup of salad greens = baseball 1 medium fruit = baseball ½ cup of fresh fruit = ½ baseball ¼ cup of raisins = large egg</p>	<p>Dairy: 1½ ounce cheese = the size of a domino or 2 cheese slices ½ cup of ice cream = ½ baseball</p> <p>Fats and oils: 1 teaspoon margarine or spreads = 1 dice</p> <p>Meat and meat alternatives: 3 ounces meat or poultry = deck of cards 3 ounces grilled or baked fish = checkbook 2 tablespoons peanut butter = ping-pong ball</p>

Nutrition tactics

Your key to a healthy, balanced diet is moderation. Eat a wide variety of foods, especially those high in nutrients, such as whole grains, fruits, vegetables, low-fat dairy products, fish, lean meats and poultry. Continue to be aware that most servings are well over the standard portion size, which means we're all getting extra calories we don't need. With a little effort, you can take control. Cutting down the helpings will help cut down your waistline and give you a healthier lease on life.

Looking for extra help with portion control? Turn to the Personal Health Manager's *Ask A Dietitian* feature where you can e-mail your portion distortion questions to registered dietitians—just one of the many wellness tools available online through Blue Access® for Members.