

Measure for Measure

Want to start training yourself to be a better judge of what “one serving” equals? Here are some examples that should help!



Bread/ Beans/ Grains

“1 serving” equals:

- ▲ 1 slice of bread
- ▲ 2 nonfat cookies
- ▲ 2 rice cakes
- ▲ 1 small pita pocket
- ▲ 1 small (fist-size) baked potato

“2 servings” equals:

- ▲ 1 bowl of bran flakes (filled to the brim)
- ▲ 1 generous side dish of rice
- ▲ 1 English muffin
- ▲ 1 generous handful of pretzels



Fruits/ Vegetables

“1 serving” equals:

- ▲ 4 carrot sticks
- ▲ 1 small (fist-size) apple
- ▲ 1 small glass of V-8 juice
- ▲ 1 small glass of OJ

“2 servings” equals:

- ▲ 1 large banana
- ▲ 1 side serving of broccoli
- ▲ 1 dessert dish of raspberries
- ▲ 1 generous handful of raisins



Meat/ Poultry/Fish/ Low-Fat Dairy

“1 serving” equals:

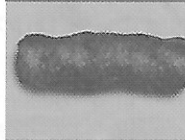
- ▲ 3 egg whites
- ▲ One 8-oz. glass of skim milk
- ▲ One 8-oz. container of nonfat yogurt
- ▲ 2 sandwich slices of nonfat or low-fat cheese

“2 servings” equals:

- ▲ 1 whole skinless chicken breast
- ▲ 24 steamed mussels
- ▲ 1 dessert dish of nonfat frozen yogurt

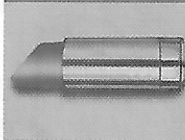
SIZE WISE

FOOD PORTION

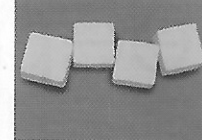


1-oz. sausage link (54 cal., 5 gm fat): lipstick tube

SAME SIZE AS

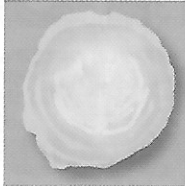
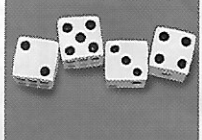


FOOD PORTION

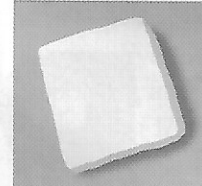
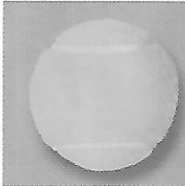


1 oz. cubed Swiss cheese (107 cal., 8 gm fat): 4 dice

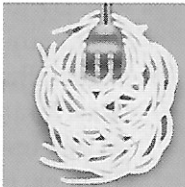
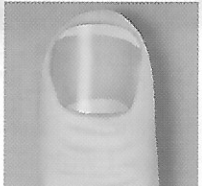
SAME SIZE AS



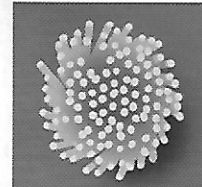
1/2 cup ice cream (143 cal., 7 gm fat): tennis ball



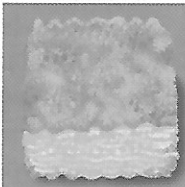
1 tsp. butter (34 cal., 4 gm fat): tip of thumb



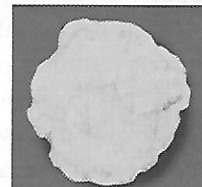
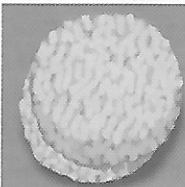
1/2 cup cooked spaghetti (99 cal., 1 gm fat): fist



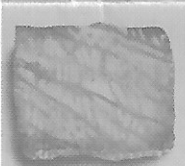
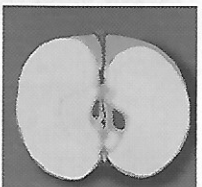
4 oz. dry spaghetti (422 cal., 2 gm fat): quarter



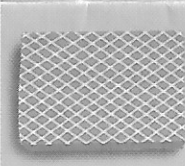
8 oz. lasagna (270 cal., 8 gm fat): 2 rice cakes



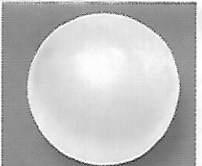
1/2 cup mashed potatoes (112 cal., 5 gm fat): 1/2 apple



3 oz. beef (219 cal., 13 gm fat): deck of cards



1 oz. mozzarella (80 cal., 6 gm fat): Ping-Pong ball



More Portion Pointers

► Remember, “one serving” can mean a lot of different things, depending on who’s saying it. For example, “one serving” of bread is usually one slice of most breads. But one bagel could be so big that it’s 4 oz., or closer to 4 servings! Or, you might see “one serving” of pasta given as 2 oz. of uncooked pasta on the spaghetti box. But then, when you cook it up, it’s about a cup – even though “one serving” of pasta, according to the USDA, is only 1/2 cup of cooked pasta. So... Be careful with all your measurements!

► If you want to “stretch” your portions, keep in mind that whole foods, like fruits and vegetables, usually mean more food – and a more satisfied feeling after you eat them – than juices. For example, a whole orange is a lot more filling for most people than a small glass of OJ, even though they’re both considered “one serving.”

► Experiment with different foods in each of the categories, to give you a range of nutrients and to help you stick to your weight-loss plan better. For example, you may find that 2 Tbsp. of peanut butter is such a treat that you’re happy to exchange it occasionally for the usual 2–3 oz. of poultry you usually eat at lunchtime.

► Here’s an old trick, but it works for me: Eat on smaller plates! Your portions will look bigger compared to the size of your plate, and you may actually feel more satisfied when you’re done eating.

► Learn to trust your eyeballs. If something looks like it’s too large to be one serving... it’s probably at least three!

