

Portion Control

- Don't skip meals
- Know "rules of thumb"
 - Clenched fist = 8 fluid ounces
 - Two hands, cupped = 1 cup
 - Palm of hand = 3 ounces
 - Two thumbs together = 1 tablespoon
- Know that serving size \neq portion size
- Use portion control plates
- Plan meals ahead of time
- Avoid overwhelming portion sizes when eating out – take leftovers home!

