



Portion Distortion



proper portion sizes

Mindful eating is about what you eat and how you eat. Pay attention to your level of hunger and fullness.

To do this, use all five senses (sight, smell, touch, taste and sound) to help you become aware of when you feel hungry and when you feel satisfied.

Be aware of when you eat (are you bored, stressed or checking your phone). Portion your food so you do not overeat.

Average portion sizes of food and beverages in America have really increased over the past 20 years. The portion size of a food or drink is often enough for 2 or 3 people. This affects what people think of as a “normal” portion.

A portion is the amount of food that you choose to eat for a meal or snack.

A serving is a measured amount of food or drink, such as 1 slice of bread or 1 cup (8 ounces) of milk.

Many foods that come as a single portion actually have multiple servings. The Nutrition Facts label on packaged foods — found on the backs of cans, sides of boxes, etc. — tells you the number of servings in that container.

For instance, 1 serving of mashed potatoes is 1/2 cup. That’s about the size of an ice cream scoop.

A key part of a healthy lifestyle is eating the right portion sizes. To help keep servings sizes in proportion, use smaller plates.

Use the chart on the next page for right portion sizes.



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deck of cards = 3 ounces



- 3 ounces of:
 - beef
 - pork
 - poultry
- 3 ounces of tofu
- 3 ounces of meatloaf
- one 3-ounce hamburger patty (no bun)
- 4 to 6 ounces of fish is no more than **2 decks of cards**



DVD = 1 ounce



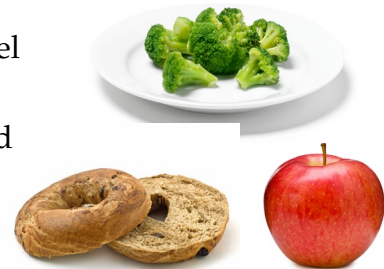
- 1 slice of bread
- 1 piece of flat sandwich bread
- one 6-inch tortilla
- 1 slice of deli meat



baseball = 1 ounce



- 1 medium piece of fruit
- 1 cup of raw vegetables
- 1 small muffin
- 1 medium bagel
- 1 cup of dry flaked or round cereal
- 1 cup of chili



ice cream scoop = ½ cup



- ½ cup of canned fruit
- ½ cup of cooked pasta
- ½ cup of cooked rice
- ½ cup of ice cream or frozen yogurt



poker chip = 1 teaspoon



- 1 teaspoon of butter or spread
- 1 teaspoon of salad dressing
- 1 teaspoon of oil

