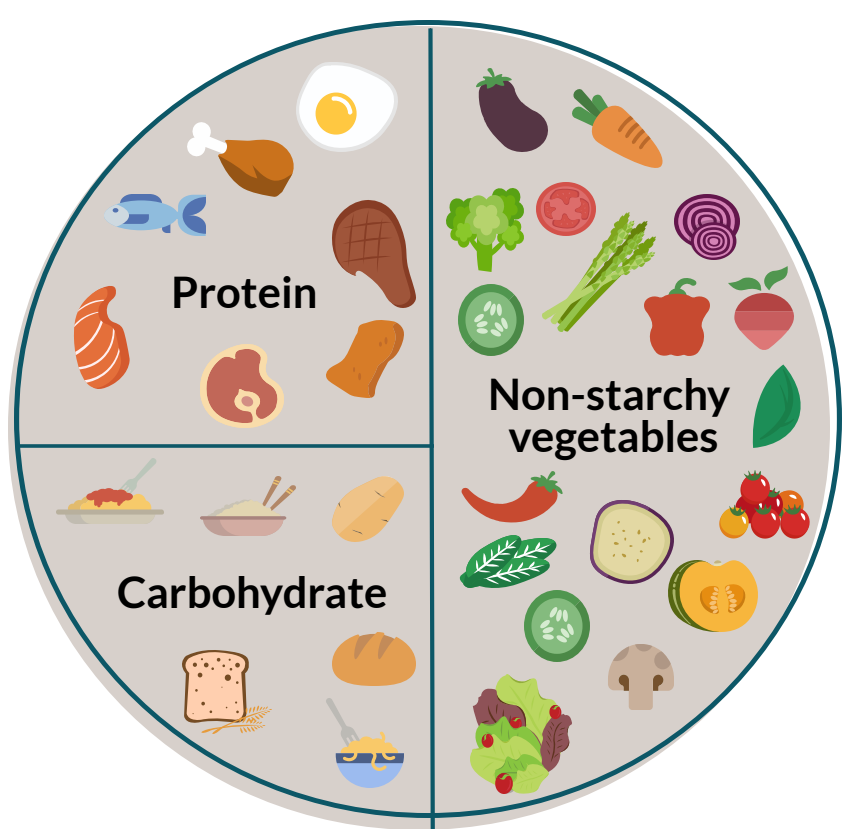


Portion Sizes

A portion of food refers to the amount of food that is being consumed at a particular time. Portion sizes can vary based on factors like level of hunger, mood, occasion, and amount of food that is available at the time of eating. When larger amounts of food are available at meal or snack time, it is more likely for larger portions to be consumed, especially in instances of increased hunger during treatment. Reducing portions of food at meal and snack time plays a major role in preventing unwanted weight gain.

Tips for reducing portion sizes:

- Avoid eating directly from food packages. Instead, pour out a portion of the food onto a serving plate and put the rest of the package away. Use the Nutrition Facts to help you to determine an appropriate amount to plate.



- Follow the MyPlate method when arranging your plate. If getting seconds, replace vegetable portions first. If still hungry after a second serving of vegetables, add more protein.

- Wait 15 to 20 minutes after eating before getting seconds to allow feelings of fullness and satisfaction to set in. If you wait in between portions, you may realize you are not actually still hungry.



- Look for small, side, mini, or half size orders at restaurants. Avoid large, extra-large, or value size options unless splitting between several people.

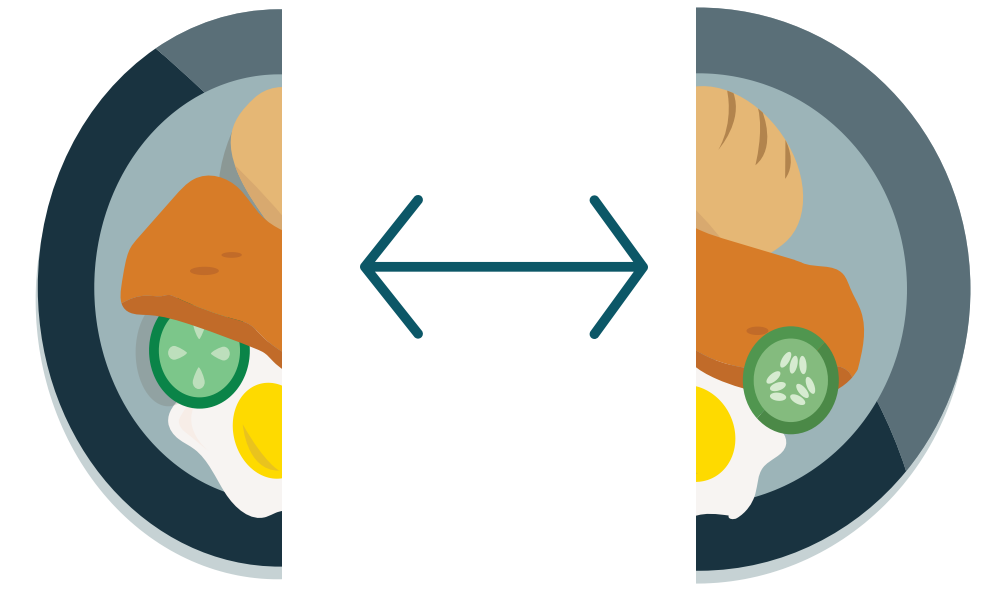
- Turn off electronics and other distractions during meal and snack time to prevent mindless overeating.



6	I'm so full that I feel sick to my stomach.	
5	I feel too full. I feel sluggish and uncomfortable.	
4	I feel full. I can feel food in my belly and I don't want to eat any more food.	
3	I am satisfied! I don't feel hungry and I don't feel too full.	
2	I feel a little bit hungry but I can wait to eat.	
1	I feel hungry. My body is telling me that it's time to eat!	
0	I am so hungry that I feel uncomfortable. I feel grumpy and weak.	

- Practice principles of mindful eating by slowing down the pace of eating. Put your fork down in between bites to take time to savor the flavor of your food. Take time to check in with hunger and fullness cues by referring to The Hunger Scale to avoid eating past fullness.

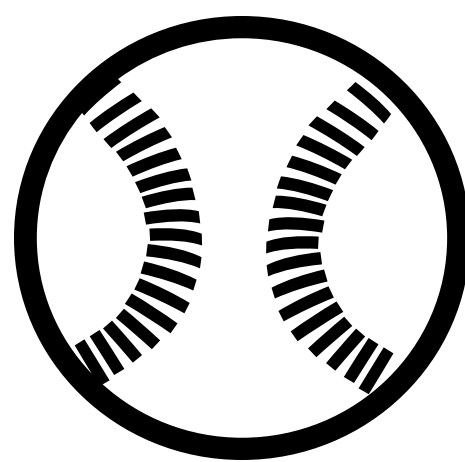
- When eating at a restaurant or ordering out, split an entrée between two people or divide into two separate meals.



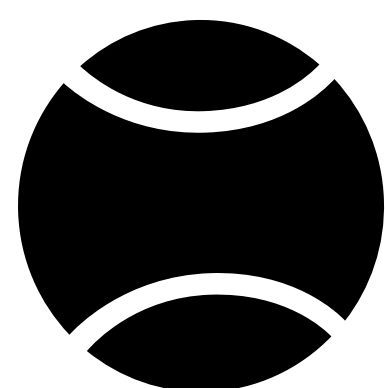
- Carry healthy, whole food snacks while out and about to reduce the temptation to get fast food or convenience food when hunger strikes. Portion out packaged foods like nuts or whole grain crackers into smaller, single serving bags to carry with you. Fruits like bananas and oranges make excellent on the go fruit snacks due to their natural wrappers!

Comparing measurements to everyday objects can help you to visualize food portion sizes when measuring tools are not available.

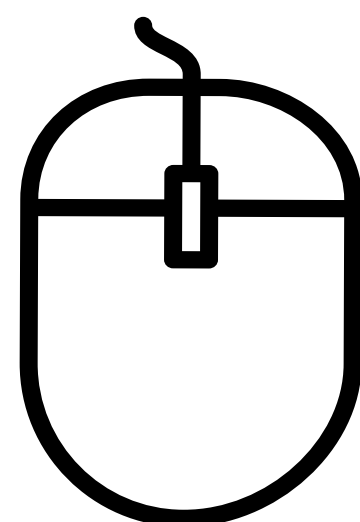
1 cup = a baseball



3/4 cup = a tennis ball



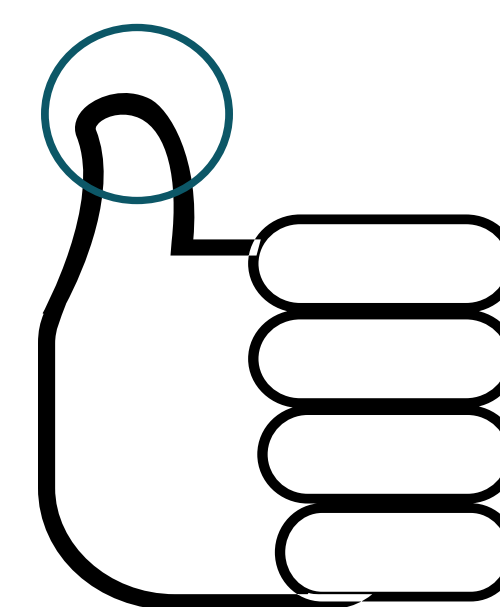
1/2 cup = a computer mouse



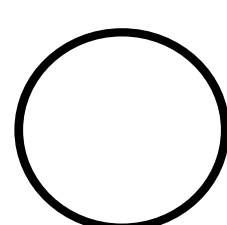
3 ounces of meat = a deck of playing cards



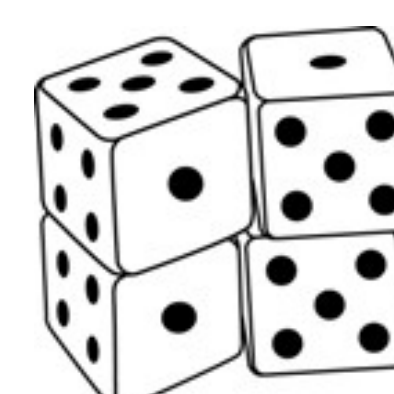
1 tablespoon = an adult thumb from knuckle to finer tip



2 tablespoons = ping-pong ball



1oz of cheese, nuts, seeds, or dried fruit = 4 playing dice



Suggested Number of Daily Portion Sizes Based on Age

4 – 8 years	Milk and Milk Products (¾ cup milk or yogurt, ¾ oz cheese)	4
	Meat & Other Proteins (1 oz meats, 4-5 Tbsp beans or nuts, 1 egg)	2
	Grains (1 slice bread, ½ bagel, ½ cup cereal or pasta)	6
	Vegetables (¼-½ cup)	2
	Fruits (¼-½ cup fruit, ½-1 small fruit, ½ cup juice or berries)	2
	Fats and Oils (1 tsp butter, margarine, or oil)	3
8 – 12 years	Milk and Milk Products (1 cup milk or yogurt, 1 oz cheese)	2 – 3
	Meat & Other Proteins (1oz meats, 4-5 Tbsp beans or nuts, 1 egg)	2
	Grains (1 slice bread, ½ bagel, ½ cup cereal or pasta)	6
	Vegetables (½ cup)	3
	Fruits (½ cup fruit, 1 small fruit, ½ cup juice or berries)	2 – 3
	Fats and Oils (1 tsp butter, margarine, or oil)	3
12 – 18 years	Milk and Milk Products (1 cup milk or yogurt, 1 oz cheese)	3
	Meat & Other Proteins (1oz meats, 4-5 Tbsp beans or nuts, 1 egg)	5-6
	Grains (1 slice bread, ½ bagel, ½ cup cereal or pasta)	6-8
	Vegetables (½ cup)	5-6
	Fruits (½ cup fruit, 1 small fruit, ½ cup juice or berries)	3-4
	Fats and Oils (1 tsp butter, margarine, or oil)	5-6

Academy of Nutrition and Dietetics Pediatric Care Manual . (n.d.). Retrieved 2022, from <https://www.nutritioncaremanual.org/pediatric-nutrition-care>.