Portion Control: It's in Your Hands!

Portion sizes have become difficult to judge, as the average dinner plate and portion sizes in restaurants and at home have expanded. With more than 120 million Americans either overweight or obese, expanding portion sizes and the number of servings you actually consume are important strategies to healthy living.

Use your hand...

Use your hand... or slightly more to estimate the size of one serving of:

- Meat, fish, poultry, or dry beans: A hand or a fist
- Milk: A cup or a hand
- Grains: A large hand
- Fruits and vegetables: A hand

Portion sizes have become difficult to judge, as the average dinner plate has expanded. Cutting back on portion sizes in restaurants and at home is one way to lose weight or help prevent weight gain.

Research shows that smaller portions can increase weight loss. In one study, participants who ate reduced portion sizes for 10 weeks lost an average of 3.6 pounds, compared to an average weight gain of 2 pounds in those who ate standard portion sizes.

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