

Portion control is in the palm of your hand

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Portion control is one of the top contributors to weight gain or difficulty in weight management. Often, we know how to eat healthy but end up eating too much. Calories are the energy in the food you eat. If you are taking in more calories than you burn off, weight gain will eventually follow.

So, how can we change our thinking and train ourselves to eat correct portions? Well, you happen to have a built-in measuring tool on the end of your arm: your palm!

Your palm is equal to about $\frac{1}{2}$ cup or 4 ounces. Use your palm to measure $\frac{1}{2}$ cup of vegetables or cut fruit, rice or cooked cereal. An accurate portion of meat, fish or poultry should equal between 3-4 ounces.

In fact, many household objects that can be used to guide food measurements. A tortilla should equal the size of a salad plate, a baked potato the size of a computer mouse, 2 tablespoons of peanut butter equal to the size of a golf ball and a baseball helps to measure one cup of food.

Begin your portion control journey by using measuring cups and spoons to get an accurate measurement. After practicing 2 or 3 weeks, you may only need to carefully measure when you are trying new foods. Involve children or grandchildren when measuring portions. This helps with math skills as well as correct portions!

Eventually, correct portions will become second nature. You may be surprised by how satisfied you are with these small amounts.

Visit choosemyplate.gov or extension.uga.edu for more tips on portion control and tracking your eating habits.