

## “How to” Health Tips

### How to Keep Your Portions Under Control



1 cup of cereal, yogurt, fruits or vegetables = baseball or a woman's fist



½ cup of ice cream (1 scoop) or pudding, or 3-ounce muffin = tennis ball



2 tablespoons of peanut butter or hummus = ping pong ball



1 tablespoon of butter or cream cheese = one poker chip or the tip of your thumb  
2 cookies = about four poker chips



1 brownie or 1 ounce of chocolate = package of dental floss



1 slice of cake or 3 ounces of poultry or lean meat = deck of cards or palm of woman's hand



¼ cup of nuts or dried fruit = half a tennis ball



1½ ounces of cheese = 9-volt battery



3-ounce bagel = hockey puck



1 ounce of chips or pretzels = two small handfuls

- Learn what recommended portion sizes looks like**  
 See the reference guide to the left.
- Read food labels**  
 Pay attention to the number of servings contained in the package. Many “single size” packages are actually 2-3 servings.
- Use smaller plates & bowls**  
 We tend to eat almost everything we serve ourselves. When we use smaller plates, we eat less food.
- Never sit down with the bag of chips, box of cookies, can of nuts, etc.**  
 Take out one portion and put the package away.
- Slow down while eating**  
 It takes 20 minutes for your stomach to tell your brain that you're full
- Take half your restaurant meal home with you or share it**



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