



# HOW MUCH SHOULD I EAT?

## Portion Control Tips for Weight Loss

**HEALTHY SELF**

A targeted health improvement program by

**SELF REGIONAL**  
  
HEALTHCARE

# CALORIES & PHYSICAL ACTIVITY

- To keep a healthy weight, you need to balance the calories you eat with the calories you burn.
  - People who are more active may burn more calories. Being more active may be a good way to help you offset the calories you eat.
- No set number of calories or amount of physical activity will help everyone to lose weight or keep weight off.
  - How many calories you need to eat each day depends on your age, sex, weight, genes, and level of physical activity.



# CALORIES IN VS. CALORIES OUT

- Controlling portion sizes plays a major role in weight loss
- Calories In = Food and Drinks
- Calories Out = Exercise, Resting Metabolism, Daily Activities
- Calories In must be less than Calories Out in order to lose weight consistently



# Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.

**1,345 calories**  
**53 grams fat**

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.

**685 calories**  
**33 grams fat**

## DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.



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## DON'T SKIP MEALS

- It is best to eat a minimum of 3 times per day.
- Do not go more than 5 hours without eating to keep your metabolism going.
- Some have found that eating 5-6 small meals throughout the day is helpful in weight loss.



# USE YOUR HANDS

## The secret to serving size is in your hand.



### A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice  
1 oz. of cold cereal  
2 oz. of cooked cereal, rice or pasta  
8 oz. of milk or yogurt



### Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

### A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.  
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



### Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



### Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.



### 1 tennis ball = ½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

# READ FOOD LABELS

- Pay attention to the number of servings contained in the package, then note the calorie and fat content per serving.
- If, for example, the label on a large muffin indicates that one serving has 250 calories and 10 grams of fat, and the muffin contains two servings, then you'll have eaten 500 calories and 20 grams of fat from that muffin.

<b>Nutrition Facts</b>	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber Less than 1g	<b>3%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



# SMALLER PORTIONS

- Repackage supersize snack bags.
  - Supersize bags may be more economical, but they can also encourage you to overeat.
  - If you buy huge bags of chips or pretzels, for example, repackage the contents into smaller containers.
- Use a smaller plate.
  - At home, serve your meals on smaller plates. Your plate will look full, but you'll be eating less.
- Slow down and skip second helpings.
  - Eat one reasonable serving and don't immediately go back for seconds.
  - Give yourself time to digest and serve yourself more food if you are still hungry.





# SHARING IS CARING

- Share a meal.
  - Order an appetizer and split one main course with another person when you go out for a meal.
  - Order one dessert and some extra forks.
- Eat half or less.
  - If you're not sharing a meal, eat half of what you're served and take the rest home to enjoy as another meal. You might even ask for the box when your plate arrives and pack it up right away.

