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Webmd portion size guide. Webmd portion plate.

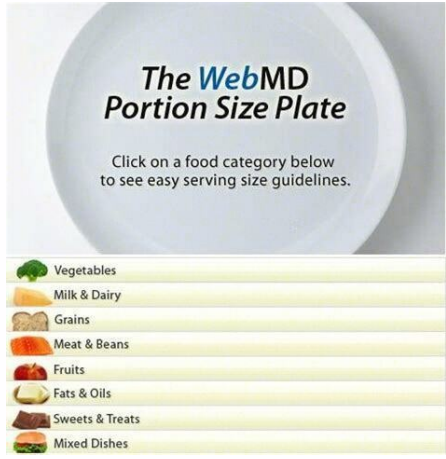
Our eating habits need help. Fast food, high-calorie desserts, sweet drinks, and more have filled us up -- and out. Most adults and 1 in 3 children in the U.S. are overweight or obese.Changing the way you eat can be easy. To start, learn about some of the worst food offenders and how to replace them with healthier choices. Then try some portion-control tricks.Most of our calories come from foods high in fat and sugar. Burgers, sandwiches and tacos top the list, followed closely by desserts and sweet snacks. We also load up on sugar-sweetened sodas, and diet drinks. Rice, pasta and grain-based dishes pile on more calories. Unless you count chips, crackers and savory snacks, fruits and vegetables don't even make a dent in our daily calorie count.Added sugars (266 calories) and saturated fats (239 calories) count for about 500 of our daily calories. That's about a quarter of the calories an average woman should have in a day. U.S. dietary guidelines say we should limit solid and saturated fats and eliminate trans fat. Cut back on fast foods and refined grains, like white bread. While you're at it, cut down on salt, too. Most of us get too much, raising our chances of high blood pressure and heart and kidney disease.Add more nutritious foods to your diet.Instead of fatty meats, choose lean protein and seafood. Shoot for at least 8 ounces of fish a week.Instead of solid fats like butter or margarine, use olive, canola, and other oils that are good for your waistline and heart.Instead of baked goods and cereals with all white or refined grains, make at least half of your grains whole grains.Other healthy choices: nonfat or low-fat dairy foods, eggs, beans, and lots of fruits and vegetables.Favorite foods like pizza may just need a makeover. Pizza can have lots of calories, refined grains, and fats. But with a few tweaks, it can be OK.Choose a thin, whole-grain crust.Pile on veggies and skip meat.Use low-fat or fat-free cheese or just a sprinkle.Have one small slice and fill the rest of your plate with vegetables.The outer shell, or "bran," of a kernel of wheat, rice, barley, or other grain is full of fiber, vitamins, and minerals. Fiber helps you feel full on fewer calories and keeps your bathroom visits regular. But to make white (refined) flour from a kernel of wheat, food makers get rid of the bran.



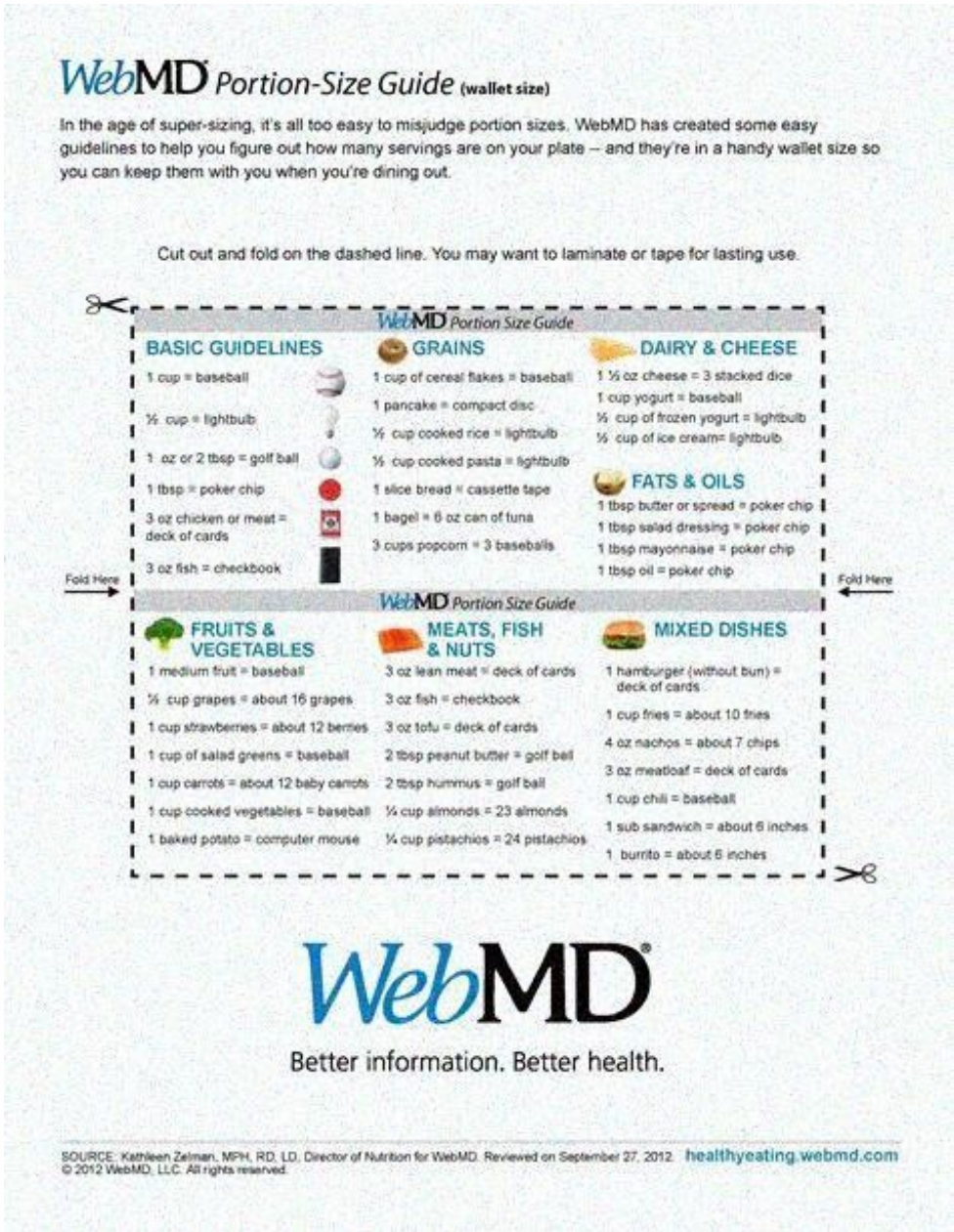
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FOOD GROUP	RECOMMENDED DAILY INTAKE	SERVING SIZE	WHAT A SERVING LOOKS LIKE	PRO TIP!
FRUITS	1.5-2 cups for women, 2 cups for men	1 cup	Apples, bananas, oranges—to name just a few!	A whole piece of fruit usually counts as one serving.
VEGETABLES	2-2.5 cups for women, 2.5-3 cups for men	1 cup, raw or cooked	Broccoli, carrots, and cucumbers are common favorites	It takes 2 cups of raw leafy greens, such as spinach, to count as one serving.
GRAINS	3 ounces for women, 3.5-4 ounces for men	1 ounce (or equivalent)	1 slice of bread, 1/2 cup of cooked rice, 3 cups of popcorn	Aim to get at least half of your servings from whole grains.
PROTEIN	5-5.5 ounces for women, 5.5-6 ounces for men	3 ounces of meat/poultry, 4 ounces of fish, plant-based proteins vary	Small chicken breast, 1/2 ounce of nuts, 1 Tbsp. peanut butter, 1/4 cup cooked beans or tofu	For more plant-forward dishes, think about using beans and nuts to replace meat.
DAIRY	3 cups for all adults	1 cup (or equivalent)	8 ounces of milk, 1 cup of yogurt, 2 cups of cottage cheese, 1/2 cup shredded cheese	Stick to low-fat or nonfat options whenever possible.

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You will find saturated fats in butter, coconut oil, meat, dairy, bacon, and chicken skin. Start downsizing to healthy portions and your body will, too. Check food labels and restaurant menus for hidden calories. [business writing guide pdf](#) Learn to "eyeball" your food to gauge what's too much -- and what's just right.You may have grown up being told to "clean your plate." The problem is that dinner plates in homes -- and restaurants -- have gotten bigger. And so has the amount of food we put on them. If you clean your plate now, you're probably overeating.To shrink your portions:Eat from a smaller dish like a luncheon or salad plate.Learn and serve the right-sized portion.Don't go back for seconds or keep extra food on the table to tempt you.Store leftovers in single-serving containers for quick meals.Restaurants usually serve one person enough food for two or three. But you don't have to eat it all. Order a half portion or something from the kid's menu.If you order a full-size entree, box up half of it before you start eating. Split a dish with a friend.

Eat a healthy appetizer and soup or salad instead of an entrée.How many calories you should have depends on your age, your gender, and how active you are. A moderately active woman should have 1,800-2,200 calories a day. An active average-sized man should have 2,200-2,800 calories. Have a healthy balance of foods each day: 1 1/2 - 2 1/2 cups of fruit and 2 1/2 - 3 1/2 cups of vegetables6-10 ounces of grain, 1/2 from whole grains 3 cups of nonfat or low-fat dairy foods5-7 ounces of protein (meat, beans, and seafood) each dayNo more than 5-8 teaspoons of oils, mostly from plants, fish, and nuts170-400 calories from solid fats and added sugarsYou don't need to weigh or measure your food every time you eat. Instead, keep a mental image of a deck of cards, a poker chip, a baseball, a hockey puck, a CD, dice, and a light bulb. This makes it easy for you imagine healthy portion sizes.1 medium potato = 1 computer mouseThat's equal to 1 cup of vegetables.If you use a mouse every day, it's easy to grab the right size of potato at a grocery store. But a restaurant potato is likely to be twice that big and loaded with toppings and extra calories. To eat smart when you eat out:Eat part of the potato and take the rest home for another meal.Choose a sweet potato instead. It gives you vitamin C and vitamin A, which keep your eyes and skin healthy.1 portion of pasta is 1/2 cup = 1/2 a baseballThat's 1 ounce, or 1/2 cup, of grains.For healthier pasta:If you eat more than one portion of pasta when you eat out, skip the breadbasket. [caxi](#) But count the extra pasta as another portion of grains for the day.Try whole-grain pasta. You'll fill up on less and get extra fiber.Instead of Alfredo or other creamy sauces, choose tomato-based marinara. Use low-fat salad dressing when you make pasta salad.1 portion of pancake or waffle = the size of a CDThat's a 1-ounce serving of grains.Skip plate-sized waffles and stacks of pancakes swimming in syrup and butter. Instead:Order a small pancake and an egg. That's a serving each of grains and protein.Order whole grains, like a buckwheat or whole wheat pancake. You get more fiber and nutrition and stay full longer. Opt for fresh fruit or sugar-free syrup as a topping.Bagels and bran muffins seem like healthy eating choices. [m5 bus schedule pdf](#) But they can be two or three times too big. [functional training guide pdf](#) A large bagel and even a low-fat muffin can pile on 300 calories. Spread it with butter or cream cheese, and you've added more fat and calories. Breakfast can be a whopping 500 calories.1 small muffin = a tennis ball1/2 a medium bagel = a hockey puckThat's a 1-ounce serving of grains.Don't overdo it with bagels and bran muffins:To save calories, eat a high-fiber English muffin instead.Eat half of a large one or buy smaller sizes.Make the bagel whole grain. The high fiber will curb hunger later.1 portion of cheese = four diceThat's a 1-cup serving of dairy.Cheese is high in calcium. Regular cheese is also high in fat. One serving of low-fat cheese is one-third the amount of nonfat or low-fat dairy you should have in a day.Try low-fat cheeses.

They have gotten tastier.Watch your portions. Nibble cheese like a mouse.Ask for less cheese or low-fat cheese on pizza.1 portion of meat or fish = a deck of cards or the palm of your handThat's 3 ounces of protein.Eat lean protein -- fish, poultry, eggs, nuts, and beans -- at every meal to help build muscle and lose weight. But you may need less protein than you think. Adults only need 5 to 6 1/2 ounces of protein a day.

That could be one egg at breakfast, a handful of nuts (12 almonds or 24 pistachios) mid-day, and 3 ounces of meat for dinner. 1 serving of fruits or veggies = 1 baseball or a fist1 serving of leafy greens = 2 tennis ballsThat's a 1-cup serving of fruits or vegetables.When it comes to fruits and vegetables, eat as much as you want.Green, red, and orange foods have lots of nutrition. [navuca](#) That includes berries, red bell peppers, tomatoes, pumpkin, and sweet potatoes.Dark greens are heart healthy. Try spinach, broccoli, Swiss chard, and kale.1 portion of peanut butter = a golf ballThat's 2 tablespoons or two 1-ounce servings of protein.Peanut butter and jelly is great comfort food. And snacking on peanuts and peanut butter can curb hunger.

The trick is to make a little bit go a long way. Peanuts have healthy fat, but it's still fat and can add calories -- 190 for 2 ounces.

Jelly adds more.2 portions of cooked rice = a light bulbThat's 2 servings of grains.Rice is low in fat and calories. Serve it with a rainbow of healthy vegetables -- like red peppers, bok choy, onion, and carrots -- stir-fried in a little peanut or canola oil.Steam rice instead of frying it to keep calories down. [welo bagu](#) Try brown rice, which has more fiber than white rice.Don't ruin the health benefits of rice by topping it with fried food or heavy sauce.1 portion of fat = a poker chip or a stack of four dimes.That's 1 teaspoon, or 1 serving, of fats and oils.You probably get enough fat in foods like cooking oil, salad dressings, meats, and nuts.Spray cooking oil in a pan instead of pouring in liquid oil.Use heart-healthy olive or canola oil instead of butter.Dress your salad with light vinaigrette instead of thick, creamy salad dressing.1 ounce = 6 large tortilla chips or 20 potato chipsThat's 2 teaspoons of oil and 150 calories.Chips tend to be packed with the things we need to limit: unhealthy fat, refined grains, and sodium. Just one ounce can have nearly half of an entire day's fat for a woman.Read the label: Baked, multigrain, and vegetable chips -- like carrot and sweet potato -- have more nutrients and may have less fat.1 serving = 1/2 baseballThat's 4 ounces or 1/2 cup.Desserts can be full of unhealthy fats and sugar. One cup of ice cream -- twice the size of a portion -- can have 285 calories and 75% of the solid fat an inactive woman should have in a day.Save sugar calories for something to eat instead of a coffee drink or soda.Instead of a bunch of cookies, have a small cookie and a piece of fruit or glass of milk.When you really want chocolate, eat dark chocolate, which has less sugar.IMAGES PROVIDED BY:1. Getty Images2. WebMD graphic/ photos from Thinkstock3. WebMD4. [tazouju](#)

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This isn't bad advice, actually — as long as you know what the heck it means. Here's a hint: Your diet-whisperer is likely talking about portion control, a practical approach to eating that puts the focus on food portion sizes (which are different from serving sizes — more on that later). The idea is that no foods are completely off-limits, but everything can and should be eaten in moderation. Sounds pretty simple, right? But there are a few things you should know before you dive in. Here, we've put together everything you need to know about starting a portion-control diet, from the science-backed benefits to the tools and tricks dietitians swear by. Portion control is a practical way of eating that can help you lose weight or simply eat healthier. Instead of counting calories or avoiding certain macronutrients altogether, this method puts the focus on learning what a healthy portion size of each food looks like — and sticking to it. So, where to start? The U.S. Department of Agriculture (USDA) is the go-to source when it comes to how much of each food group (vegetables, fruit, grains, dairy, protein and oils) you should be eating on the daily. While the USDA doesn't set rigid rules on portion sizes, it does offer general guidelines that you can adapt for your specific goals. According to the 2015-2020 Dietary Guidelines for Americans, which were created by the USDA and the U.S. Department of Health and Human Services, a healthy and balanced diet for an adult who needs 2,000 daily calories might include the following amounts from each food group: Vegetables: 2 1/2 cups Fruit: 2 cups Grains: 6 ounces Dairy: 3 cups Protein: 5 1/2 ounces Oils: 27 grams Practicing portion control helps you get the nutrients you need without restricting or overindulging — the latter of which is easy to do these days, when serving sizes at most restaurants far exceed the recommended calories you should be getting in one sitting, according to an April 2016 study in the Journal of the Academy of Nutrition and Dietetics. [pediatric critical care 5th edition pdf](#) Think about it this way: When you're out at a restaurant and the waiter brings you a huge plate filled with food, two things are likely to happen: You'll consume more than you intended. Research consistently shows that people eat more when presented with larger portions, according to a review of 72 studies published September 2015 in The Cochrane Database of Systematic Reviews. You'll think you ate less than you actually did. A study published in BMJ in May 2013 found that adults underestimated the calorie content of meals at fast food restaurants by more than 20 percent, and that number climbed even higher for larger meals and those labeled as "healthy." Controlling your portions helps you more accurately determine how much food you're taking in at each meal, which not only helps with weight loss but can also positively affect other areas of your health. Download LIVESTRONG.com's free calorie-tracking app MyPlate. Once you've portioned out your breakfast, lunch, dinner or snack, entering it into the app will help make sure you're staying on target for the day's calories, carbs, protein and fat. Knowing you need 2 1/2 cups of veggies, 2 cups of fruit and 5 1/2 ounces of protein a day is one thing. But can you tell when you've served yourself a healthy portion of, say, asparagus? Should the size of your morning grapefruit rival your breakfast plate or your coffee mug? [heyelepi](#) And just how big is a 3-ounce serving of salmon, really? When you're just starting out, the trickiest part of portion control might be recognizing the difference between a portion size and a serving size. In a nutshell: The serving size of a food refers to a measurement on a nutrition label, while portion size is what you actually eat in a sitting.

The two are often different, and portion sizes can be much smaller than serving sizes for those who are trying to lose weight, says Emily O'Neil, RDN, LDN, a weight-loss coach at the Austin Diagnostic Clinic in Austin, Texas. Even when you understand this key difference, it can still be tough to cut back on portions when you're used to seeing a lot more food on your plate. Luckily, we've got a few tricks that can help. There are also some tools that can help when it comes to planning your meals and sticking to the healthiest amounts of each food. Portion control plates, for example, give you a visual reminder of the USDA guidelines when it comes to food group portions, helping to take the guesswork out of measuring your meals. Portion control containers — glass or plastic containers that are sized to help you measure and regulate the amount of food you eat at each meal — are also a user-friendly option and especially good for those who want to prep their meals ahead of time. Ready to give them a try?