



Be mindful of

PORTION SIZES

A portion is how much of a food you consume.

Have you noticed that food portions have gotten larger? Some portions, especially in restaurants, provide enough food for at least two people or two meals. Larger portions equal more calories, which can increase weight, if not balanced out with physical activity.

EAT BETTER. LIVE BETTER.

Wellness Wednesday

TIPS TO DETERMINE A HEALTHY PORTION



3 oz. cooked fish, poultry, or meat:
the palm of your hand



1 Tbsp: the size of your thumb



¼ cup: the size of a large egg



½ cup: the size of one handful



1 cup: the size of a tennis ball

When you are at home, use measuring cups or spoons to serve yourself appropriate portions.

Downsize your dishes. Bigger plates and bowls hold more food. Use smaller plates and bowls to help you control your portions.

Share an entrée when eating out, or get a to-go box and take home part of your meal.

This message is brought to you by Live Better and our partner Savannah Moon.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.