

## **PORTION DISTORTION**

It's no secret that portion sizes have increased over the past 20 years, but have you ever stopped to compare? Take the Portion Distortion quizzes from the National Heart, Lung, and Blood Institute.

<http://hp2010.nhlbihin.net/portion/>. You may be astonished to learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

**Portion control** is an important concept in managing your weight. When you don't have access to food scales, measuring cups and spoons, use your hand to estimate portion sizes.

- **Palm of hand** = 3 oz meat
- **Thumb** = 1 Tbsp of salad dressing, peanut butter
- **Tip of thumb** = 1 tsp of fat or oil
- **Cupped hand** = ½ cup nuts, pretzels, popcorn, candies, etc
- **Fist** = 1 cup of rice, cereal, pasta, potatoes

Less is often more when you consider the amount of calories found in the serving sizes of different foods. Check out these 18 meal comparisons to see for yourself. Choosing healthier, more nutritious foods, at home and away, means you can eat much more food and still lose weight!

[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=1260](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1260)