

A weekly resource
for *your* well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

August 30, 2016

Portion like a pro.

In the 1950s, a normal portion of soda was seven ounces and had 90 calories. Today, it is 42 ounces and 530 calories. Food portions have grown bigger over time and it's a big health issue. Eating too much can lead to weight gain and many health problems linked to obesity.

In a perfect world, we all would measure out [precise portions](#) at each meal. If you have time to measure your food, [use this helpful guide](#) to estimate healthy portion sizes:

- A serving of apple (one small apple) is the size of a tennis ball.
- A serving of carrots (half a cup) is the size of half a baseball.
- A serving of pasta (half a cup) is the size of a hockey puck.
- A serving of cheese (two ounces) is the size of three to four dice.
- A serving of chicken (two ounces) is the size of two-thirds of a deck of cards.
- A serving of mayo (two teaspoons) is the size of two dice.

When in doubt? Follow this basic rule: fill half your plate with non-starchy vegetables and/or whole fruit. [View more portion control tips and tricks.](#)



CONFUSED OVER WHAT OR HOW MUCH TO EAT?

A health coach can help you take control of your eating habits and enjoy a healthy lifestyle. [Click here](#) for a short video on the many ways coaching might work for you.



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