

Managing Your Weight: Portion Control

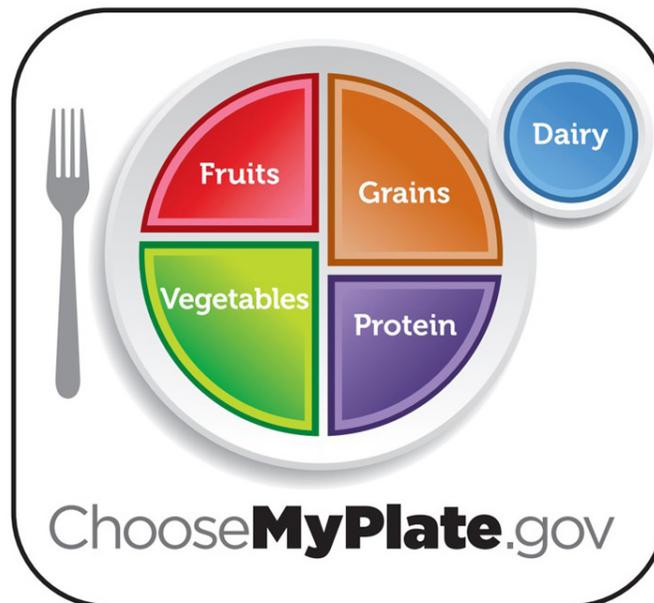
It is important to make healthy food choices from the 5 food groups.

- Lean Protein
- Vegetables
- Fruits
- Whole Grains
- Dairy

Plate Method Portion Control

The *MyPlate* method can help you manage your portion control and eat the nutrients you need.

- Fill $\frac{1}{2}$ of your plate with 1 to 2 cups of fruits and vegetables
- Fill $\frac{1}{4}$ of your plate with 3 to 4 ounces ($\frac{1}{2}$ cup) of lean protein
- Fill $\frac{1}{4}$ of your plate with $\frac{1}{2}$ to 1 cup of whole grains and beans
- Dairy serving should be low fat
- Use fats, oils, sweets sparingly



You may also compare your portions to these things to help you with serving size:

- 1 cup = Baseball
- 3 ounces = Deck of cards
- 1 ounce = 4 Dice or 1 Domino
- 2 tablespoons = Golf ball
- 1 teaspoon = 1 Die

Serving Size for Foods

Portion control can also be applied to your meal planning by knowing the serving sizes of the foods you will be adding to your meal. You can manage your weight by following the guide for serving size.

Protein (1 serving)	Fruits (1 serving)
1 ounce cooked meat, poultry, or fish	1 small fruit
½ cup beans, peas, lentils	1 cup cut fruit
1 egg or 2 egg whites	½ cup canned fruit (in own juice)
¼ cup egg substitute	½ cup applesauce (unsweetened)
1 ounce low-fat cheese (1 slice)	½ banana
½ cup cottage cheese	½ cup fruit juice
½ cup tofu	¼ cup dried fruit
1 ounce canned salmon or tuna	
1 tablespoon peanut butter	
Grains/Starches (1 serving)	Vegetables (1 serving)
1 slice whole grain bread	1 cup raw vegetables
1/3 cup cooked pasta	½ cup cooked vegetables
1/3 cup cooked rice	½ cup tomato or vegetable juice
¼ whole wheat bagel	
½ English muffin or bun	
1 tortilla (7 inch)	
½ cup cooked cereal, oatmeal	
¾ cup cold cereal	
¼ large potato	
½ sweet potato	
3 cups popcorn, unbuttered	
½ cup corn, peas	
6 crackers	
Dairy (1 serving)	Fats (1 serving)
1 cup low-fat or nonfat milk	1 teaspoon oil, butter, or margarine
1 cup low-fat yogurt	1 tablespoon regular salad dressing
1 cup Greek yogurt	2 tablespoons light salad dressing
1 cup nonfat buttermilk	2 tablespoons low-fat sour cream
1 cup nonfat or low-fat soy milk	1.5 tablespoons low-fat cream cheese
	2 tablespoons avocado
	8 olives
	6 nuts

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. You may also visit the HLC on the 3rd floor, Galter Pavilion at 251 E. Huron St., Chicago, IL. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363, the Northwestern Lake Forest Patient Relations manager at 847.535.8282 and/or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Center for Lifestyle Medicine