

Portion Sizes



Portion sizes of foods have increased over the years. This trend seems to have started with super-sizing or value-added meals at fast food restaurants. It seems that portion sizes just keep getting bigger

When we are looking at eating healthy and trying to lose weight we need to reduce portion sizes of food we consume. We can do this by using the American Dietary Guidelines. Follow the daily recommendations for each of the food groups. For example, if you eat 1/2 cup of rice or pasta at lunch, that is the equivalent of 4 ounces which is just above the daily minimum of whole grains recommended. (3 ounces)

Action Tip: Nutrition experts say most weight loss success stories centre around reduced portion sizes. So get a copy of the U.S. dietary guidelines online [here](#). To find a dietician in your area to answer any nutrition related questions, click [here](#).

Measuring or weighing food takes the guess work out of what you are consuming and you will know how much food you have consumed each time you eat. Use measuring spoons, measuring cups and a food scale to measure your food portion. Then determine how much your portion contributes to the recommended daily intake for that food group.

Use the daily recommendations as a guide for how much you should eat each day. These actions will help you keep on track with your weight loss plan.

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