



Bright Paper

Portion Distortion— It's How Much You Eat that Counts












Do you think healthy eating is boring? Not so! You can eat healthy and still eat your favorites like chips, cookies and candy. One trick is to keep tabs on how much of these foods you eat.

Did you ever experience portion distortion? Like when you munch on an order of fries that could feed your whole family? Next time, halt portion distortion by splitting these fries with a friend or getting the smaller size. Instead of a mega-size candy bar, see whether the smaller size hits the spot just as well.

Don't sweat it if you pig out on a food sometimes. When that happens, balance it out by eating less than usual at your next meal and working in some extra walking or biking.

Meanwhile, check out this Portion Size Guide to see how one serving of different foods from the Food Guide Pyramid compares to stuff you have around the house:

Portion Size Guide

-  1/2 cup fruit, vegetable, cooked cereal, pasta or rice = a small fist
-  3 ounces cooked meat, poultry or fish = a deck of cards
-  1 tortilla = a small (7 inch) plate
-  1/2 bagel = the width of a small soft drink lid
-  1 teaspoon of margarine or butter = your thumb tip
-  2 tablespoons of peanut butter = a golf ball
-  1 small baked potato = a computer mouse
-  1 pancake or waffle = a music CD
-  1 medium apple or orange = a baseball
-  4 small cookies (like vanilla wafers) = four checkers
-  1-1/2 ounces of cheese = 6 dice

Reviewed by the Kidnetic.com Scientific Advisory Panel, 2002