


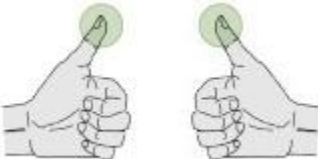
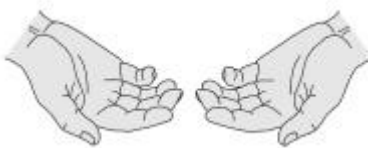


Tips to watch your portion sizes:

- Get better at judging food portions, and knowing how much is in a serving size. To help you practice, try using measuring cups and spoons, or use the serving size guide below.
- Put food on a plate rather than eating out of the container – we often eat more if we can't judge the portion size.
- Studies have shown that we will eat more when using bigger serving dishes. Use smaller plates and bowls.

| A Guide to Serving Sizes | | | |
|--------------------------------|---|------------------|---|
| Item | | Amount | One serving of: |
| Palm of hand Cell phone |  | 2.5 oz (75 g) | Meat Chicken Fish |
| Size of fist Computer mouse |  | 1/2 cup (125 mL) | Pasta Rice Medium Potato Fruit |
| Tennis ball | | 3/4 cup (175 mL) | Yogurt Hot cereal Tofu |
| Thumb tip |  | 1 tsp (5 mL) | Butter Oil |
| 2 thumb tips |  | 1.5 oz (50 g) | Cheese |
| Both palms open |  | 2 cups (500 mL) | Vegetables (2 servings) |

Sources:

[Canadian Diabetes Association](#) and [EatRight Ontario](#)

<http://www.mhp.gov.on.ca/en/healthy-ontario/healthy-eating/portion-sizes.asp>