

HEALTHY RECOMMENDATIONS AND PORTION CONTROL

FACTSHEET

Portion control can be a major obstacle, especially for college students with on-campus meal plans. As you can see on the table below, people in America tend to overeat or are consuming larger portions than recommended.

FOOD GUIDE PYRAMID SERVINGS	“TYPICAL” AMERICAN PORTIONS
½ cup rice or pasta	1 cup rice or pasta
½ bagel or ½ hamburger bun	1 bagel or 1 hamburger bun
1 chicken leg and thigh	¼ chicken
1 order (½ cup) French fries	Large order (¾ to 1 cup) fries
1 order (½ cup) cooked red beans	Big bowl (1 to 2 cups) chili beans
1 cup leafy greens	Large green salad (2 cups greens)

- Fruits: Consume an equivalent to 2 cups of fresh, canned or frozen fruits each day.
 - o 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.
 - o ¼ cup dried fruit=1/2 cup fruit
 - o 1 oz. dried fruit or 1/4 cup raisins = 1 golf ball
 - o 1 apple, 1 cup strawberries (about 12) = 1 baseball
 - o ½ cup grapes (about 16), ½ cup blueberries = 1 light bulb

Daily Fruit recommendation		
Girls	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
Boys	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
Women	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**
Men	19-30 years old	2 cups**
	31-50 years old	2 cups**
	51+ years old	2 cups**

- Vegetables: Consume 2 ½ cups of vegetables each day.
 - o 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.
 - o 2 cups raw leafy greens = 1 cup vegetable
 - o 1 cup vegetables = 1 baseball
 - o 1 small baked potato = 1 computer mouse
 - o 0.5 cup mashed potatoes = 1 light bulb

Daily Vegetable recommendation		
Girls	9-13 years old	2 cups**
	14-18 years old	2 ½ cups**
Boys	9-13 years old	2 ½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2 ½ cups**
	31-50 years old	2 ½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2 ½ cups**

- Grains: Consume 6 ounce-equivalents, 3 ounce-equivalents of which should be whole grains each day.
 - o 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group.
 - o ½ cup cooked rice, ½ cup couscous, 1 cup cooked pasta, 1 cup popcorn = 1 light bulb
 - o 1 bagel = 1 tuna can (6oz)
 - o 1 biscuit = 1 hockey puck
 - o 1 slice of bread = 1 cassette tape
 - o 1 cup flaked cereal = 1 baseball
 - o 1 waffle or pancake = 1 compact disc (CD)

		Daily Grain recommendation	Daily minimum amount of whole grains
Girls	9-13 years old	5 ounce equivalents**	3 ounce equivalents**
	14-18 years old	6 ounce equivalents**	3 ounce equivalents**
Boys	9-13 years old	6 ounce equivalents**	3 ounce equivalents**
	14-18 years old	7 ounce equivalents**	3 ½ ounce equivalents**
Women	19-30 years old	6 ounce equivalents**	3 ounce equivalents**
	31-50 years old	6 ounce equivalents**	3 ounce equivalents**
	51+ years old	5 ounce equivalents**	3 ounce equivalents**
Men	19-30 years old	8 ounce equivalents**	4 ounce equivalents**
	31-50 years old	7 ounce equivalents**	3 ½ ounce equivalents**
	51+ years old	6 ounce equivalents**	3 ounce equivalents**

- Dairy: Consume 3 cups of low-fat milk or milk equivalent each day
 - o 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.
 - o 1 ½ oz hard cheese (cheddar, Swiss, mozzarella) = 3 dice
 - o 1 cup yogurt = 1 baseball
 - o ½ cup frozen yogurt or ice cream = 1 light bulb

Daily Dairy recommendation		
Girls	9-13 years old	3 cups*
	14-18 years old	3 cups*
Boys	9-13 years old	3 cups*
	14-18 years old	3 cups*
Women	19-30 years old	3 cups*
	31-50 years old	3 cups*
	51+ years old	3 cups*
Men	19-30 years old	3 cups*
	31-50 years old	3 cups*
	51+ years old	3 cups*

- Meats and Beans: Consume 5 ½ ounce-equivalents each day.
 - o 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.
 - o 3 oz cooked chicken or lean beef = 1 deck of cards or the palm of your hand
 - o ½ cup cooked beans = 1 light bulb
 - o 3 oz cooked fish = 1 checkbook
 - o 1 oz lunch meat = 1 compact disc (CD)
 - o 3 oz tofu or tempeh = 1 cassette tape
 - o 2 tbsp. hummus , ¼ cup almonds or pistachios (about 12), 2 tbsp peanut butter = 1 golf ball

Daily Meat and Beans recommendation		
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

- Oils and Fats: Limit intake to 5-6 teaspoons each day
 - o 1 tbsp = 3 tsp
 - o 1 tbsp olives (about 5), 1tbsp mayonnaise, butter, margarine, or salad dressing, = 1 poker chip

Daily Oil and Fat allowance		
Girls	9-13 years old	5 teaspoons
	14-18 years old	5 teaspoons
Boys	9-13 years old	5 teaspoons
	14-18 years old	6 teaspoons
Women	19-30 years old	6 teaspoons
	31-50 years old	5 teaspoons
	51+ years old	5 teaspoons
Men	19-30 years old	7 teaspoons
	31-50 years old	6 teaspoons
	51+ years old	6 teaspoons

	Amount of food	Amount of oil Teaspoons/grams
Oils:		
Vegetable oils (such as canola, corn, cottonseed, olive, peanut, safflower, soybean, and sunflower)	1 Tbsp	3 tsp/14 g
Foods rich in oils:		
Margarine, soft (trans fat free)	1 Tbsp	2 ½ tsp/11 g
Mayonnaise	1 Tbsp	2 ½ tsp/11 g
Mayonnaise-type salad dressing	1 Tbsp	1 tsp/5 g
Italian dressing	2 Tbsp	2 tsp/8 g
Thousand Island dressing	2 Tbsp	2 ½ tsp/11 g
Olives, ripe, canned	4 large	½ tsp/ 2 g
Avocado*	½ med	3 tsp/15 g
Peanut butter*	2 T	4 tsp/ 16 g
Peanuts, dry roasted*	1 oz	3 tsp/14 g
Mixed nuts, dry roasted*	1 oz	3 tsp/15 g
Cashews, dry roasted*	1 oz	3 tsp/13 g
Almonds, dry roasted*	1 oz	3 tsp/15 g
Hazelnuts*	1 oz	4 tsp/18 g
Sunflower seeds*	1 oz	3 tsp/14 g

- 100-300 “extra” calories from snacks, dessert or overeating (Discretionary calories)
 - o 1 slice of cake = 1 deck of cards or the palm of your hand
 - o 2 oz cinnamon roll, 1 muffin = 1 hockey puck
 - o 1 cookie = 2 poker chips
 - o 1 cup pudding = 1 baseball
 - o 2 inch brownie or 1 oz chocolate = 1 package of dental floss

Age and sex	Not physically active		Physically active	
	Estimated total calorie need	Estimated discretionary calorie allowance	Estimated total calorie need	Estimated discretionary calorie allowance
Girls 14-18 years old	1800 calories	195	2000-2400 calories	265 to 360
Boys 14-18 years old	2200 calories	290	2400-3200 calories	360 to 650
Females 19-30 years old	2000 calories	265	2000-2400 calories	265 to 360
Males 19-30 years old	2400 calories	360	2600-3000 calories	410 to 510
Females 31-50 years old	1800 calories	195	2000-2200 calories	265 to 290
Males 31-50 years old	2200 calories	290	2400-3000 calories	360 to 510
Females 51+ years old	1600 calories	130	1800-2200 calories	195 to 290
Males 51+ years old	2000 calories	265	2200-2800 calories	290 to 425

Now that you know the healthy recommendations; here are some ways to maintain the recommended portion sizes.

At home:

- Check the nutrition facts label
- Serve the correct portion
- Eat from smaller dishes
- Do not go back for seconds
- If hungry after a meal, try drinking a glass of water and waiting fifteen minutes; the hunger usually subsides.
 - If hunger continues, eat an apple or a half portion of the meal.
- Do not keep the serving dishes on the table; try to keep out of reach or sight.
- Store leftovers in portion-controlled containers for quick meals later on.

At a restaurant:

- Ask about half portions, or choose from the child’s menu
- If you order a full portion, box up half of it before you begin eating
- Split an entrée with someone else
- Choose a healthy appetizer such as soup or salad instead of an entrée

References:

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