

## Portion Distortion --- or Right Sizing?

The amount of food you eat is closely related to blood sugar control. To help with blood sugar control you want to be aware of how many carbohydrates are in the food you eat. Knowing **HOW MUCH** you are eating of each food is very important.

To help develop your judgment about portion sizes follow these steps:

### 1. Become **AWARE** of your portions:

It isn't uncommon to not pay attention to the amount of food you eat, but when you are trying to control your blood sugar paying attention really pays off.

A great tool to help increase your awareness is a food diary or food tracker. Use these tools to record what and how much you are having, including all meals and snacks.

### 2. **COMPARE** your portions:

Portions served at fast food restaurants were found to be 2-5 times larger than they started out at in the 1950's. Servings at home have followed this trend and grown as well. This makes it difficult for most to judge serving size by simply looking at a food, or plate of food.

### Pop Quiz –

At a meal prepare your plate as you normally would. Now measure it with a measuring cup. Are you surprised?

### Tip – Measure

It often takes a while to orient to portion sizes. To help with this leave a set of measuring cups and spoons on the kitchen counter to use when serving food. Use glasses that you know hold 4 or 8 oz, or use a piece of tape to mark a glass at the 4 or 8 oz level.

## Tip – Use Hand Eye Coordination



Fist =  
1 cup



Palm =  
3oz



Thumb Tip =  
1 tsp



Handful =  
1-2 oz



Thumb =  
1 oz

## Tip - Plate Method

Here is a trick to see if your meal is well portioned: think of your plate as divided sections, each for a different type of food.

