End the Portion Distortion

Is bigger really better? In the past few years, the size of dinner plates, muffin tins, and cup holders have gotten larger to accommodate the larger portions Americans are consuming. As our portion sizes become bigger and bigger, our idea of a standard serving size can become distorted. Learning to recognize and control portion sizes is a crucial step in eating a balanced diet and maintaining a healthy weight. With numerous choices and a self-serve style of eating in the dining halls, it is difficult to determine how much food you should be putting on your plate. This chart can give you a hand.

Get a (hand)le on your portion sizes

**BUTTER & MAYO**
Your finger tip is about the size of a teaspoon, which is the portion for mayo on a sandwich or butter on toast.

**GRAINS & PRODUCE**
A clenched fist is about one cup, or a serving of most rice, pasta, fruits, and vegetables.

**PEANUTBUTTER**
Your thumb is equivalent to one tablespoon. Double this for a serving of peanut or almond butter.

**MEAT**
The recommended serving size for meat is 3 ounces, or about the size of your palm.

References:

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