



EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

End the Portion Distortion

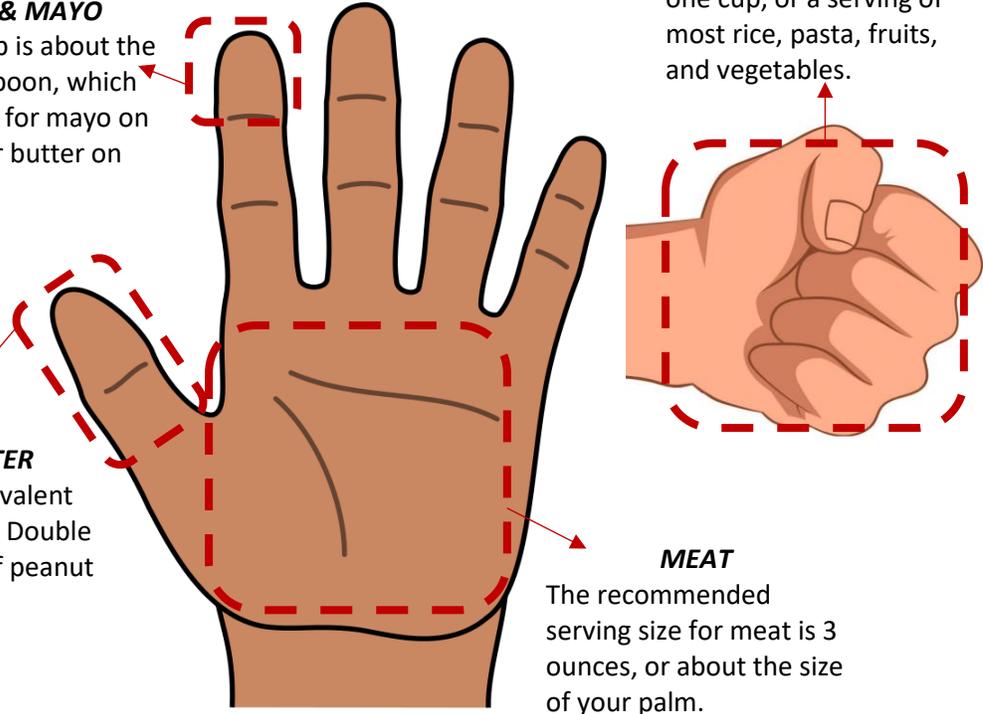
Is bigger *really* better? In the past few years, the size of dinner plates, muffin tins, and cup holders have gotten larger to accommodate the larger portions Americans are consuming. As our portion sizes become bigger and bigger, our idea of a standard serving size can become distorted. Learning to 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*.

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.

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

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

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



Get a (hand)le on your portion sizes

Revised by: Kiera Nealon

Reviewed by: Carol Byrd-Bredbenner, Ph.D., R.D., F.A.N.D.

References: Miller, Carla. "Just Enough for You: About Food Portions.", 1 Dec. 2016, www.niddk.nih.gov/health-information/weight-management/just-enough-food-portions. Accessed on November 1, 2018. "Correct Portion Sizes: How to Keep Portion Distortion in Check." *Healthy Eating*, www.healthy eating.org/Healthy-Eating/Healthy-Living/Weight-Management/Article-Viewer/Article/348 Accessed on November 1, 2018.

Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (**@ru_hdt**), Instagram (**@ru_hdt**), Snapchat (**ru_hdt**) or email peggy@ dining.rutgers.edu.



DINING SERVICES
food.rutgers.edu