



Portion Control

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I'm sure by now many of us have heard of the so-called Quarantine 15. For those who have not, it is essentially the Freshman 15 (the term for gaining 15 lbs. in the first year of college), only college is being replaced with weeks and months of at-home sheltering. We can easily find the pros and the cons of our current situation. There's more time for physical activity but much of this activity must be done alone. There's more time to make healthy, homemade meals but also more time to eat them! The question then becomes, how do we take maximize this situation and find a perfect balance?

As often is the case, the solution appears to be very simple until we begin putting it into practice: *portion control*. I would go so far as to say that portion control is one of the hardest parts of any healthy lifestyle. In the chart below, you will find a few easy ways to monitor portion sizes without weighing and measuring. These tips can be used to ensure you are eating the proper portion size without stress.

Often enough, we go into a meal with good intentions. However, once we begin to eat, our taste buds take over and we want to eat more and more. To combat this, serve every meal on a plate as opposed to eating straight out of takeout boxes or pans from the stove. The ideal plate size is 9 inches. As we often think we want more food than we need (the old saying is "having eyes bigger than your stomach"), this helps us to refrain from taking too much.

When plating meals, the following serving size chart may be helpful to use as a guide:

Food Group	Serving Sizes
Protein	The palm of your hand OR The size of a deck of cards (thickness included!) Fish - The size of a checkbook
Grains	The size of one open hand cupped OR The size of a CD case (think bread) OR The size of a baseball
Dairy	Cheese - The size of 3 dice Milk - The size of a baseball Yogurt - The size of a tennis ball
Fruit	The size of your fist OR The size of a tennis ball
Vegetables	The size of two open hands cupped together OR The size of a baseball
Fats	The size of your thumb from the knuckle up OR The size of a matchbox

Using these portion guides can help you to enjoy all your favorites without overindulging.