

Portion Sizes

Unmasking the Identity of That Pesky Portion Size!

How do you know if your one plate of food consists of healthy portion sizes, or enough fat and calories to last you through a cold Minnesota winter? Over the years portion sizes have more than doubled in restaurants and snack foods – our food portions have truly become “super-sized” without our even noticing.

Did you know?

- Breakfast items like muffins and bagels have doubled in size over the last decade.
- A bagel today has three times as many calories as it did thirty years ago.
- A typical restaurant bowl of pasta meant for one person today is actually enough to serve 4 or 5 people.
- A fast-food kids-meal is actually the right portion size for an adult’s lunch.
- You can reduce the amount you eat by using smaller plates.
- Some packaged foods that seem like they are only one serving actually contain two or three servings. Always check the label.

Here are some helpful tips on portion sizes:

- **One serving of cheese** = the size of four dice or 1 ½ slices of American cheese.
- **One serving of fruit or vegetables** = the size of a baseball or a woman’s fist.
- **One serving of rice, pasta, chips or pretzels** = the size of a rounded handful.
- **One serving of meat or poultry** = the size of a deck of cards or the palm of your hand
- **One small baked potato** = the size of a computer mouse