

How to judge a portion size

It's not just what we eat, but how much we eat that can be a game changer when it comes to the scale. So count on Weight Watchers to arm you with the tools and resources you need to figure out how much is too much, and how much is just right.

Portion size matters

Indulging in even a little bit more than what we plan to eat can sabotage our weight-loss efforts. But, how can you figure out portion sizes without lugging around a scale or measuring cups? Check out this chart for a few examples:

FOOD	SERVING SIZE	VISUALIZE
Meat, seafood, beans Steak Fish Filet Beans	3 oz cooked 6 oz cooked 1/2 cup	A Deck of Cards A Pair of Sunglasses A Paperweight
Breads, pasta, grains Rice or pasta French bread	1 cup cooked 1 slice	A Tennis Ball A Folded Wallet
Milk products Yogurt (fat-free) Cheese (cheddar, Swiss, etc.) Ice cream	1 cup 1 oz 1/2 cup	A Tea Cup A Lip Balm A Hockey Puck

Feed your thirst

- Ordering lunch in? Split take-out portions in half before you start eating, then save the other half for another meal. It's easier not to overdo it if you halve the portions in advance.
- Kick off a meal with a sweet fresh fruit (they're not just for dessert or snacks), dive into a crisp mixed green salad with a touch of olive oil and balsamic vinegar, or sip a broth-based soup. You'll enjoy your main course more if you're not wolfing it down because you're ravenous.
- Remember that even a small package is not always one portion. Check the nutritional labels on snack bags and cookies to make you're not eating two or three times what you intended.
- Choose the portion that's right for you. Just because your co-worker cut up a birthday cake into 12 pieces doesn't mean you should have the whole slice.

Ask your employer for more information

