

Podcast Script Draft
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Easy techniques for eating proper portion sizes

Eating in moderation is a key to a balanced diet. For most people, there is no need to have strict restrictions on what you can or can't eat. A balanced diet is all about proper portion sizes.

We often overeat without realizing it. This is why it is important to become familiar with proper portion sizes and be mindful of what, where and when you eat. Measuring food may sound like a hassle, and you may not want to carry a scale or measuring cup around when deciding how much food to eat. There are actually free and easy ways to measure portions using your hands and a plate.

Hands are a great tool for giving an approximate measure of certain food portions. Let's begin with the palm. With an open flat hand, look at your palm area. For many, it might be around the size of a deck of cards. This palm area should be your tool when measuring out your meat portion. Now cup your hand, creating a small bowl in your palm. This small bowl in the center of your palm is your serving of nuts and dried fruit.

Now let's move to your fingers. The tip of your pointer finger equates to about a teaspoon. This should be used for your fatty condiments such as a serving of butter, oil, mayo, or margarine.

Moving down to the thumb, a thumb is around a tablespoon. Use two thumbs for a serving of peanut butter. Now put your hand into a fist. The top of your fist is about how big your serving of starchy foods should be, such as rice or pasta.

Another tool for measuring portion sizes is a plate. This method is especially useful for meals such as lunch or dinner.

So what exactly is a healthy plate? It is a plate that incorporates the different food groups in order to provide a balanced meal and lots of nutrients. Let's imagine your plate. You are deciding how to fill your plate. There are many versions of "healthy plate" methods but they all encourage you to fill half of your plate with fruits and veggies, a quarter of it with a protein, and the last quarter with a starch.

The plate I like to imagine is one that is half vegetables, a quarter protein, and a quarter whole grains, and adding a piece of fruit on the side for dessert. I like the idea of filling half of the plate with vegetables because they provide nutrients and fiber. Fiber helps you feel full. If you remember from earlier, the serving of meat from the palm measurement, should be around the size of a quarter of your plate. Also, the serving of starch from your fist measurement should fill the other quarter of the plate.

These hand and plate measurements go hand in hand. Or should i say, hand in plate! (drum beat). Try these techniques next time you plan your meal. Be creative and mix and match a variety of foods from each food group. You will feel better about yourself by knowing that you are not over eating, and your body will feel better from a balanced diet!

Sources:

<https://www1.nyc.gov/assets/doh/downloads/pdf/csi/obesity-plate-planner-13.pdf>
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