



1. Use Smaller Dinnerware

Evidence suggests that sizes of plates, spoons and glasses can unconsciously influence how much food someone eats. For example, using large plates can make food appear smaller — often leading to overeating.

2. Use Your Plate as a Portion Guide

If measuring or weighing food isn't appealing, try using your plate or bowl as a portion control guide.

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9 TOP TIPS
TO MEASURE AND CONTROL
PORTION SIZES

1 Use smaller dinnerware
Using smaller dishes can lower the amount of food you consume while making you feel satisfied

2 Use your plate as portion guide

- Protein 1/4 of a plate
- High-fat foods 1/2 of a tbsp
- Vegetables or salad 1/2 of a plate
- Complex carbs 1/4 of a plate



A rough guide for each meal is:

- **Vegetables or salad:** Half a plate
- **High-quality protein:** Quarter of a plate — this includes meat, poultry, fish, eggs, dairy, tofu, beans and pulses
- **Complex carbs:** Quarter of a plate — such as whole grains and starchy vegetables
- **High-fat foods:** Half a tablespoon (7 grams) — including cheese, oils and butter

3. Use Your Hands as a Serving Guide

Another way to gauge appropriate portion size without any measuring tools is by simply using your hands.

As your hands usually correspond to your body size, bigger people who require more food typically have bigger hands.

A rough guide for each meal is:

- **High-protein foods:** A palm-sized serving for women and two palm-sized portions for men — such as meat, fish, poultry and beans
- **Vegetables and salads:** A fist-sized portion for women and two fist-sized portions for men
- **High-carb foods:** One cupped-hand portion for women and two for men — such as whole grains and starchy vegetables



- **High-fat foods:** One thumb-sized portion for women and two for men — such as butter, oils and nuts

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Hand Guide to Portion Control

Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

A clenched fist is roughly one cup, or a double-serving of ice cream.

The recommended serving size of meat is 3 oz., roughly the size of your palm.

To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

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4. Ask for a Half Portion When Eating Out

Restaurants are notorious for serving large portions.

In fact, restaurant serving sizes are, on average, about 2.5 times larger than standard serving sizes — and up to a whopping eight times. If you are eating out, you can always ask for a half portion or a children's dish. This will save you a lot of and help



prevent overeating. Alternatively, you could share a meal with someone or order a starter and side instead of a main dish.

Other tips include ordering a side salad or vegetables asking for sauces and dressings to be served separately and avoiding buffet-style, all-you-can-eat restaurants where it's very easy to overindulge.

5. Start All Meals with a Glass of Water

Drinking a glass of water up to 30 minutes before a meal will naturally aid portion control.

Filling up on water will make you feel less hungry. Being hydrated also helps you distinguish between hunger and thirst.

a glass of water up to 30 minutes before a meal can naturally result in reduced food intake and greater feelings of fullness.





6. Take It Slowly

Eating quickly makes you less aware of getting full — and therefore increases your likelihood of overeating.

As your brain can take around 20 minutes to register that you are full after eating, slowing down can reduce your total intake.

Therefore, focusing on your meal and refusing to rush increases the chances you'll enjoy it and control your portion sizes.

Health experts recommend taking smaller bites and chewing every mouthful at least five or six times before swallowing

7. Don't Eat Straight from the Container

Jumbo-size packages or food served from large containers encourages overeating and less awareness of appropriate portion sizes.

This is especially true for snacks

Rather than eating snacks from the original packaging, empty them into a small bowl to prevent eating more than you need.

The same applies to bulk portions of family meals. Rather than serving food directly from the stove, re-portion it onto plates before serving. Doing so will help prevent overfilling your plate and discourage returning for seconds.



8. Be Aware of Suitable Serving Size

we can't always rely on our own judgment of appropriate portion size. However, it may help to invest in a scale or measuring cup to weigh food and correctly assess your intake.

Reading food labels also increases awareness of proper portions.

Knowing recommended serving sizes for commonly eaten foods can help you moderate your intake.

Here are some examples:

- **Cooked pasta or rice:** 1/2 cup (75 and 100 grams, respectively)
- **Vegetables and salad:** 1–2 cups (150–300 grams)
- **Breakfast cereal:** 1 cup (40 grams)
- **Cooked beans:** 1/2 cup (90 grams)
- **Nut butter:** 2 tablespoons (16 grams)
- **Cooked meats:** 3 ounces (85 grams)

You don't always have to measure your meals. However, doing so may be helpful for a short period to develop awareness of what an appropriate portion size looks like. After a while, you may not need to measure everything.



9. Use a Food Diary

Research suggests that people are often surprised at how much food they eat

Writing down all food and drink intake can increase awareness of the type and amount of foods you're consuming.

There are also a lot of free great apps you can download to help you track your food and water.

