



R.E.A.L GoalSM: Portion Control

(Realistic, Easy, Attainable, Life Goals)

Example: I will portion out my food for two meals, five days a week.

Food Group	Serving Size	Quick reference
Chicken or lean beef Fish	3 ounces or less (cooked)	The palm of your hand, a deck of cards or checkbook 
Nuts or cheese	1 ounce	Four dice 
Fruit	1 cup fresh fruit, 100% fruit juice, or ¼ cup dried fruit	Tennis ball 
Vegetables	1 cup leafy greens (spinach, lettuce)	Baseball 
Oils, spreads, dressings & peanut butter	1 tablespoon	The top joint of the thumb 
Rice, noodles, oatmeal, dry cereal, or Bread	1 cup cooked 1 slice	Size of your fist 
Milk or Yogurt Eggs	1 cup 1 egg	Size of your fist 

The benefits of healthy portion sizes:

- Helps you lose and maintain weight
- Helps you from overeating
- Saves money
- Improves digestion
- Helps balance glucose levels

Quick tips:

- Drink a glass of water 20 minutes before eating
- Uses smaller plates and bowls
- Fill your plate with veggies first
- Avoid eating from plastic or takeaway containers
- When eating out, ask for a box right away and put half of it in the box to take home
- Eat slowly. It takes your body up to 20 minutes to realize you are full

To choose another goal, go to: [wellfirsthealth.com/realgoals](https://www.wellfirsthealth.com/realgoals)

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