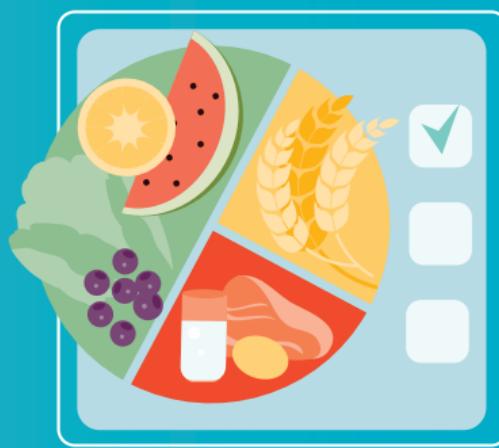
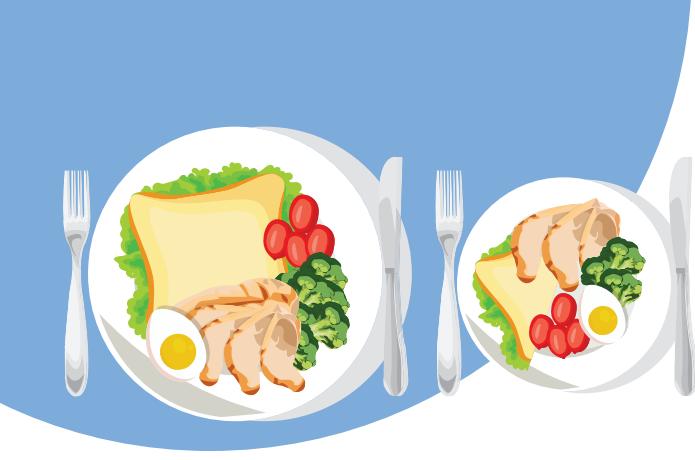


A Visual Guide for Healthy Food Portions



Home Health Care Section
Dietitian Services





Tips for Portion Control

- **Use Smaller Plates:**

This can help you serve and eat smaller portions.

- **Read Labels:**

Nutrition labels provide serving size information and help you manage portions.

- **Measure Your Food:**

Use measuring cups or a food scale to understand portion sizes better.

- **Listen to Your Body:**

Eat until you're satisfied, not until you're full. Pay attention to hunger and fullness cues.

Introduction

Maintaining a balanced diet involves more than just choosing healthy foods; it's also about understanding portion sizes and food equivalencies. Proper portion control helps manage calorie intake and promotes better nutrition, while knowing food equivalencies aids in making healthier choices and managing dietary needs.

Understanding Portion Sizes

Portion sizes are the amounts of food you choose to eat in one sitting. The right portion size can vary based on individual needs



Practical Applications

• Meal Planning:

Plan your meals around balanced portions of vegetables, fruits, grains, and proteins.

• Dining Out:

Be mindful of large portion sizes at restaurants; consider sharing dishes or taking leftovers home.

• Snacking:

Choose healthier snacks and be aware of serving sizes, such as a small handful of nuts or a piece of fruit.



Conclusion

Portion control and understanding food equivalency are crucial for maintaining a balanced diet and achieving your nutritional goals. By applying these concepts, you can make informed choices that support your health and well-being.



1 slice = Size of hand
90 grams



1/2 cup = 1/2 fist
120 ml



2 oz = Palm of hand
60 grams



1 tsp = 1 thumb tip (5 ml)
1 tbsp = 1 thumb (15 ml)



1 cup = 1 fist
240 ml



2 fingers = 30 grams



1/4 cup = Cupped hand



1/16 tsp = 0.33ml

= ١ ملعقة صغيرة مل 0.33



1/8 tsp = 0.63ml

= ١/٨ ملعقة صغيرة مل 0.63



1/4 tsp = 1.25ml

= ١/٤ ملعقة صغيرة مل 1.25



1/3 tsp = 1.67ml

= ١/٣ ملعقة صغيرة مل 1.67



1/2 tsp = 2.5ml

= ١/٢ ملعقة صغيرة مل 2.5



3/4 tsp = 3.75ml

= ٣/٤ ملعقة صغيرة مل 3.75



1 tsp = 5ml

= ١ ملعقة صغيرة مل 5



1/2 Tbsp = 7.5ml

= ١/٢ ملعقة كبيرة مل 7.5



1 Tbsp = 15ml

= ١ ملعقة كبيرة مل 15



1/3 CUP = 80ml

مل 80 = ١/٣ كوب



1/4 CUP = 60ml

مل 60 = ١/٤ كوب



1/8 CUP = 30ml

مل 30 = ١/٨ كوب



1 CUP = 240ml

مل 240 = ١ كوب



3/4 CUP = 180ml

مل 180 = ٣/٤ كوب



2/3 CUP = 160ml

مل 160 = ٢/٣ كوب



1/2 CUP = 120ml

مل 120 = ١/٢ كوب

References

1. U.S. Department of Agriculture (USDA) MyPlate: Provides guidelines on portion sizes and food groups. [MyPlate.gov](<https://www.myplate.gov>)
2. Academy of Nutrition and Dietetics: Offers information on portion control and balanced eating. [EatRight.org](<https://www.eatright.org>)
3. National Institutes of Health (NIH): Provides resources on dietary guidelines and portion sizes. [NIH.gov](<https://www.nih.gov>)
4. Harvard T.H. Chan School of Public Health: Offers insights into portion control and healthy eating practices. [The Nutrition Source](<https://www.hsph.harvard.edu/nutritionsource>)

