

Week Eight:**Nutrition Strategy: Add in Bread & Don't Overeat****Recognizing portions on the go:**

- A deck of playing cards = one serving (three ounces) of meat, poultry, or fish (can also use the palm of a woman's hand or a computer mouse).
- Half a baseball = one serving (one-half cup) of fruit, vegetables, bread, or rice (can also use a small fist).
- Your thumb = one serving (one ounce) of cheese.
- A small hand holding a tennis ball = one serving (one cup) of yogurt or chopped fresh greens.

Strategies to control portion sizes:

1. Use a smaller plate/bowl
2. Don't go back for seconds
3. Use just one scoop of food
4. Use measuring cups to serve yourself (instead of spoons)
5. Serve your lunch for the next day before you sit down to eat.
6. At restaurants, ask for a to go box when you receive your food. Put half of your food in the to go box before you begin eating.
7. Split meal with a friend.
8. Order off the kids menu
9. Always choose small sizes (even though you will pay just .50 more for twice the amount of food)