

WELL BALANCED

- MARCH 2025 -
National Nutrition Month

Portion CONTROL AND Mindful EATING TO SUPPORT OVERALL NUTRITION



One helpful step in practicing mindful eating is understanding *portions* and *servings*. Although the terms "portion" and "serving" are often used interchangeably, they actually have different meanings.

Portion—The amount of food you choose to eat at one time.

Serving—The recommended amount of food typically found on a Nutrition Facts or food label.

Here are a few ways to estimate your portions.

- 1 cup = the size of a baseball or an average-sized fist
- ½ cup = the size of a tennis ball or a small, scooped hand
- 3 ounces = the size of a deck of cards or the palm of a hand
- 1 tablespoon = the size of a thumb
- 1 teaspoon = the size of a postage stamp or the area between the tip and first joint of the pointer finger

The MyPlate Plan recommends the following amounts for each food group per day.

- 2 cups of fruit
- 2½ cups of vegetables
- 5½ ounces of protein
- 2 cups of dairy
- 6 ounces of whole grains



It's important to note that everyone's nutritional needs are different. Consult your healthcare provider for an eating plan that is right for you based on your health.

Resources

- Mindful Eating (helpguide.org)
- Food Portions: Choosing Just Enough for You (niddk.nih.gov)
- Serving Size vs. Portion Size: Is There a Difference? (eatright.org)
- MyPlate Plan (myplate.gov)

For tips to help manage your portions mindfully, refer to the **March Well Balanced newsletter** from the **Wellness Alliance!**



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