



May 2024: Tips for well-being

Size up healthy food portions

Portion sizes can be confusing. What’s a healthy portion of your favorite food? Many of us have no idea. Why should we care if we eat more than a healthy portion? Larger portions of food have more calories. We often eat more than we realize.

Eating larger portions may make it harder to stay at a healthy weight.**

What’s the difference between a portion and a serving?

A **portion** is the amount of food you dish out and eat at one time.

A **serving** is a standard amount of a food listed on the package’s nutrition label. It’s based on a typical portion size for that food. But that may not match your idea of a portion.**

Try these tips to help you eat healthy portions:***

- Check the package label for the serving size (one-half cup of yogurt) or weight (three ounces of meat). One package may have more than one serving.
- At home, measure food before cooking or eating. Use measuring cups or spoons for foods like pasta sauce, salad dressing or grated cheese.
- Download an app to measure and track healthy portions.

Wellness Webinar: Portion control 101*

Join our health coach to learn ways to control your food portions anytime, anywhere.

Tuesday, May 21, 2024 9:00 AM | 11:30 AM | 3:30 PM, CT



Save your spot

* The wellness webinar classes are not offered in Spanish.

** FOR HEALTHY EATING SOURCE: American Heart Association. “Portion Size Versus Serving Size.” December 18, 2023. Available at: heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/portion-size-versus-serving-size. Accessed March 11, 2024.

*** FOR HEALTHY EATING SOURCE: CDC. “Diabetes Meal Planning.” April 19, 2023. Available at: cdc.gov/diabetes/managing/eat-well/meal-plan-method.html. Accessed March 11, 2024.

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How much is enough?

Food labels and nutrition facts on menus are based on a single serving.

That's a measured amount of a food or drink. Like one slice of bread or eight ounces of milk. There's often more than one serving in a package. A portion is how much you choose to eat at one time. It could be the single serving amount. Or it could be more. That's something to be aware of when you eat out. Restaurant portions have gotten a lot bigger over the years.

DID YOU KNOW?

Serving size is
DIFFERENT
from portion size.

Tips for watching your portion size



When you're out.

- Split your order with someone.
- Ask for a to-go box at the start of your meal.



When you're at home.

- Serve meals on plates instead of from dishes on the table.
- Reach for a piece of fruit if you're hungry between meals.

What's the right size?



A baseball or an average-sized fist (about 1 cup)

Raw or cooked veggies, whole fruit or 100% fruit juice



A tennis ball or small, scooped handful (about ½ cup)

Equal to 1-ounce equivalent for grains, such as pasta, rice and oatmeal



A deck of cards or the palm of the hand (about 3 ounces)

Fish, chicken, beef and other meats



The size of the thumb (about 1 tablespoon)

Peanut butter or other nut spreads, like almond butter



A postage stamp or the tip of the pointer finger (about 1 teaspoon)

Oils, like salad dressing, and other fats

Academy of Nutrition and Dietetics. Ellis E. Serving Size vs Portion Size Is There A Difference. Available at <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/serving-size-vs-portion-size-is-there-a-difference>. Accessed November 9, 2022.



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