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# Wellness Works

## Increase Your Portion IQ

LOOKING FOR AN EASY WAY TO EAT HEALTHIER AND LOSE A FEW POUNDS?

Health experts say portion control is one of the biggest factors in our battle with weight gain. All you have to do is take a look at how serving sizes have increased over the past few decades:

Food/Beverage	1950	2010
French fries	2.4 ounces	9.7 ounces
Soft drink	7.0 ounces	16.0 ounces
Regular hamburger	3.9 ounces	8.5 ounces
Muffin	3.0 ounces	6.5 ounces
Bagel	2 ounces	6.0 ounces

Consider a “super-sized” fast food meal: super burger at 890 calories, large fries at 750 calories, a mega soft drink at 410 calories for a total of 2,050 calories. 2,000 calories may be more than a whole day’s worth of recommended calories for many of us. It’s not hard to see how super-sizing, or lack of portion control, can easily add pounds.

READ MORE ON NEXT PAGE

### TAKE CHARGE OF YOUR PORTION SIZES

CIS Benefits offers free resources, programs, & tools to help you take charge of your portion sizes.

[www.cisbenefits.org](http://www.cisbenefits.org) – multiple resources in the StayWell Library

[www.myregence.com](http://www.myregence.com) – online weight management program

[www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles) - online healthy eating & weight management programs

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All you-can-eat buffets and super-sized meals and drinks are offered to help keep wallets slim, but they also can add unwanted pounds to many waistslines.

Another way you can control your own portions is to limit buying large bags of chips, cookies, crackers – studies show that the larger the bag the more we eat!

Watching portion sizes is an easy no-cost step that can help any of us eat healthier and achieve or maintain a healthy weight.

Here are some simple ways to remember good portion control

Visualize to Equalize\*

1 cup of cereal = size of your fist

1/2 cup cooked rice, pasta, potato = 1/2 baseball

1 piece of medium fruit = baseball

1.5 ounces cheese = 1" cube (4 small stacked dice)

2 tablespoons peanut butter = a ping-pong ball

3 ounces meat, chicken or fish = deck of cards

\*The Weight-control Information Network – click on this [link](#) for guidelines on portion size and related information.



“Watching the size of your portions can be an easy first step.”