

Portion Control

Portion control is one of the most important aspects in any healthy diet. Doesn't matter if its rice, meat, vegetables, nuts or even chocolate, portion control is essential if you want to stay in control of your weight and healthy eating plan. These days, portions are being blown through the roof so we need to take a step back and look at how much we are really eating and the areas we now may need to cut back. A great diet consists of healthy foods paired with portion control. Not heavy rules and restrictions. But being conscious of what and how much you are putting in your mouth at each meal.

- Each meal, your plate should be split up into 3 sections. Half should be vegetables (not including starchy veg such as potato), a quarter should be carbs (rice, pasta, sweet potato) and the other quarter should be protein (meats, eggs, legumes).
- Protein portions include: raw meat should be around the size of your palm and raw fish/chicken should be around the size of your hand. 2 eggs. 1 cup cooked or canned lentils/chickpeas. 170g tofu. 30g or around 20-25 nuts.
- Carbs include grains such as pasta, rice, quinoa. These should be around $\frac{1}{2}$ cup cooked, or 4 heaped spoonfuls. 1 slice of bread. $\frac{1}{2}$ cup oats and only $\frac{1}{4}$ cup muesli. $\frac{1}{2}$ a medium potato or sweet potato.
- Dairy includes 1 cup milk. $\frac{3}{4}$ cup yogurt or 3 heaped spoonfuls. 2 slices of cheese or $\frac{1}{2}$ cup of ricotta or cottage cheese.
- Vegetables include $\frac{1}{2}$ cup cooked vegetables. 1 cup of salad or leafy greens. 1 medium tomato or carrot.
- Oils and spreads should be limited to 1 tsp.
- And don't forget to portion control your treats. This is the most important. Don't buy family blocks if you feel like chocolate. Get yourself a small freddo frog or better still a small rectangle of lindt dark chocolate. Same with chips. Buy a small packet, not a large one.
- Portion sizes for your treats include: 20g or 4 small squares (1 row) of chocolate. 2 sweet biscuits, 1 small packet of potato chips. These things are the most important to control because over eating these things on a regular basis can lead to weight gain. So don't don't cut out treats, portion control them. And if you are an all or nothing type of person, purchase and enjoy small packets not large ones.

Remember, its not just the treats that you need to portion control. It's the clean foods too. So don't have the bowl of nuts on the table, get your portion and put them away. Try not to have bowls of creamy pasta salad or potato salad on the table for people to pick at once they are done. If they want more, they need to walk to the kitchen to get it. And don't forget to split up your plate so that half is vegetables/salads, quarter is protein and the other quarter is carbs.