













## R.E.A.L. Goal<sup>SM</sup>: Portion Control (Realistic, Easy, Attainable, Life Goals)

**Example:** I will portion out my food for 2 meals, 5 days a week.

Food Group	Serving Size	Quick reference	
Chicken or lean beef	3 ounces or less (cooked)	Palm of your hand or a deck of cards	
Fish		Checkbook	
Nuts or cheese	1 ounce	4 dice	
Fruit	1 cup fresh fruit or 100% fruit juice Dried fruit: ¼ cup	Tennis ball	
Vegetables	1 cup Leafy greens (spinach, lettuce): 2 cups	Baseball	
Oils, spreads, dressings & peanut butter	1 tablespoon	Top joint of thumb	
Rice, noodles, oatmeal, dry cereal	1 cup cooked	Size of your fist	
Bread	1 slice		
Milk or Yogurt	1 cup	Size of your fist	
Eggs	1 egg		

## The benefits of healthy portion sizes:

- Helps you lose and maintain weight
- Helps you from overeating
- Saves money
- Improves digestion
- Helps balance glucose levels

## More tips:

- Drink a glass of water 20 minutes before eating
- Use smaller plates and bowls
- Fill your plate with veggies first
- Avoid eating from plastic or takeaway containers
- When eating out, ask for a box right away and put half of it in the box to take home
- Eat slowly. It takes your body up to 20 minutes to realize you are full

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)