

## QUESTION OF THE WEEK

**Q:** What are some portion control guidelines?

A lot of New Year's resolutions are about weight loss, so the first thing to do when trying to figure out portion sizes is to invest in measuring cups, spoons and a kitchen scale. One serving of peanut butter is 2 tablespoons, but that is 15 grams of fat and 190 calories. One slice of bread is usually about 70 calories, but one of those big bagels from the deli can weigh up to four times as much as the bread.

Another easy way to estimate is to use the size of a computer mouse. That is about the size of a serving of rice, pasta or potatoes. One cup, or two servings, is the size of a baseball. Two tablespoons of dressing is about the size of a ping-pong ball. And a deck of cards would be the same as 3 ounces of fish, chicken or meat.

When you are eating out, ask for the children's menu. They frequently have much smaller portions and smaller prices. Also look at the appetizer section for shrimp cocktail, clear (not creamy) soups, or crab cakes that are baked. Add a side salad with light dressing and your meal will be complete.

If nothing healthy catches your eye, then split an entree with a partner. You can also ask for a takeout container. And don't forget to ask your server not to bring the bread and butter. Your scale will start to surprise you.



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