

# VISUAL GUIDE TO ESTIMATE PORTION SIZE USING YOUR HANDS



## FIST

Equal to 1 cup  
is a portion of rice, fruits  
or vegetables.



200 kcal

## FINGERTIP

Equal to 1 teaspoon  
is a portion of fats like  
mayonnaise or butter.



35 kcal

## CUPPED HAND

Equal to 1/2 cup or 1 ounce  
is a portion of snacks like nuts or  
dried fruits.



170 kcal

## THUMB

Equal to 2 tablespoons  
is a portion of dairy  
and peanut butter.



170 kcal

## PALM

Equal to 3 ounces  
is a portion of protein  
like red meat or chicken.



160 kcal

HAND SIZES VARY, SO THE COMPARISON IS JUST AN ESTIMATION & ROUGH GUIDELINE.

SOURCE: Hand Guide to Portion Control Infographic. (2013, November 13). Retrieved October 14, 2014, from <http://www.guinnesshealth.com/health-topics/nutrition/portion-size-guide/>

# Food Portion Sizes

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and Visiting Professor of Psychology  
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## Food Portion Sizes:

Food Portion Sizes Alison Mills, Sejal Patel, 1994 Food Portion Sizes Food Portion Sizes Helen Crawley, 1988 **A photographic food atlas with portion sizes of commonly consumed foods in Accra, Ghana** Folson, Gloria, Bannerman, Boateng, Ador, Gabriel, Atadze, Vicentia, Akoto, Saudatu, Asante, Stephen, Abbeyquaye, Joseph, Anang-Tetteh, Audrey, Guri, Erica, Ibrahim, Gabriel, Alhassan, Jamil, Tetteh, Matilda, Afuanimaa, Belinda, Koch, Bastien, McCloskey, Peter, Gangupantulu, Rohit, Braga, Bianca C., Hughes, David, Gelli, Aulo, 2022-10-06 This Food Atlas provides a photograph series of 68 meals commonly consumed by adolescent girls in Accra Ghana It consists of pictures of four portion sizes per meal including weights The main aim of this Food Atlas is to enable accurate portion size estimation during food consumption surveys these images can be shown to respondents to aid them in describing the quantity of food consumed The Food Atlas can also to aid in estimating quantifying educating and counseling on appropriate portions of food in order to help improve dietary intake The meals were chosen using data collected during a previous study conducted at the Department of Nutrition NMIMR Dietary Patterns and Cardio metabolic Risk in Urban Dwelling Adolescents IRB Study Number 001 17 18 aimed at understanding the eating patterns physical activity levels and their association with measures of adiposity blood pressure and fasting blood sugar among adolescents between ages 10 and 17 All recipes were compiled with the aid of a professional caterer who had experience cooking for adolescents in a school setting *Myanmar Food Atlas: A user guide to aid food portion size estimation* Zaw, H.M.M., Thar, C.M., Lee, W.T.K., 2022-07-05 The Myanmar food atlas is a series of photos displaying a variety of foods in standard serving sizes The photos represent a range of foods customarily consumed by Myanmar people The food atlas serves as a visual aid with food items in specific quantities or servings for exchange that is useful for meal planning and for fulfilling energy and nutrient requirements as well as special dietary needs of the individuals

**Manual of food portion quantification - Saint Kitts and Nevis** Food and Agriculture Organization of the United Nations, The University of the West Indies, St Augustine Campus, The Ministry of Health on behalf of the Government of Saint Kitts and Nevis, Universidade Federal do Paraná, 2021-10-04 The Manual of Food Portion Quantification Saint Kitts and Nevis was developed to assist individuals in recognizing and reporting their food and beverage intakes accurately during the National Individual Food Consumption Survey in SKN conducted in 2020 The Manual was designed to be used along with the 24 hour Dietary Recall Method which was designed to assess the food consumption of individuals aged 18 to 65 years old Additionally it is expected that this Manual can be used in nutrition education programs to demonstrate the importance of adequate portion sizes in obesity control and the prevention waste minimization and management of food cost The Manual would also be a useful guide for ordering and preparing food and meeting nutrition needs of the population of SKN as well as the citizens of the other Caribbean countries The Manual includes 121 photos of single foods and recipes as well as household measurements e g cups spoons of which 85 were taken in SKN and 36 were taken in Brazil All photos were taken

using a similar methodology The photos cover the measurement of most food groups either by photos of portions or of household measurements The weight of every portion in each photo and the volume of all utensils were recorded and are available at the end of the Manual Handbook of Nutrition and Food Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated this second edition of the bestselling Handbook of Nutrition and Food welcomes contributions from several new authors including Elaine B Feldman and Johanna Dwyer notable leaders in nutritional science Retaining the high level of scientific research accessible language and attention to detail of the original

**Food Portion Sizes** Helen Crawley, Sejal Patel, Alison Mills, Great Britain. Ministry of Agriculture, Fisheries and Food, Great Britain. Food Standards Agency, 2002 **Principles of Nutritional Assessment** Rosalind S. Gibson, 2005 With over 200 newly drafted figures many new tables drawn from the wealth of data published over the last 15 years this new edition has been thoroughly revised **Food Portion Sizes** Michael Nelson, Mary Atkinson (writer on nutrition.), James Meyer (food photographer.), Nutritional Epidemiology Group UK., Great Britain. Ministry of Agriculture, Fisheries and Food, Great Britain. Food Standards Agency, 2002 **Handbook of Behavior, Food and Nutrition** Victor R. Preedy, Ronald Ross Watson, Colin R. Martin, 2011-04-15 This book disseminates current information pertaining to the modulatory effects of foods and other food substances on behavior and neurological pathways and importantly vice versa This ranges from the neuroendocrine control of eating to the effects of life threatening disease on eating behavior The importance of this contribution to the scientific literature lies in the fact that food and eating are an essential component of cultural heritage but the effects of perturbations in the food cognitive axis can be profound The complex interrelationship between neuropsychological processing diet and behavioral outcome is explored within the context of the most contemporary psychobiological research in the area This comprehensive psychobiology and pathology themed text examines the broad spectrum of diet behavioral and neuropsychological interactions from normative function to occurrences of severe and enduring psychopathological processes **Food Portion Sizes** Sejal Patel, Helen Crawley (Nutritionist), 1993 **Vital and Health Statistics**, 1989 **Obesity** Judith S. Stern, Alexandra Kazaks, 2015-10-13 Obesity has reached epidemic proportions in countries like the United States This book provides a comprehensive summary of obesity in America and around the world discussing the causes and proposing ways to help stem the tide and to help those who are overweight A highly useful and accessible resource for high school to undergraduate students as well as post graduate level readers with an interest in health and nutrition this updated second edition of Obesity A Reference Handbook offers up to date answers to essential questions about obesity and connected societal and health care related issues A single volume go to resource this book addresses difficult questions such as whether obesity is a disease or a moral failing what factors contribute to obesity what the economic impacts of obesity are on the health care industry if and how poverty is a contributor to obesity how our society encourages obesity and how changes can be made to improve our society s eating habits as a whole It presents

citations from individuals and peer reviewed journals and review articles providing a balance of information sourced from both professionals and informed lay commentators Also included are dozens of biographies of individuals who have been important in studying preventing managing or increasing awareness about obesity such as Jared Fogle longtime Subway sandwiches spokesperson Kelly Brownell who coined the phrase toxic environment to describe unhealthy food and exercise patterns researcher Ethan Allen Sims who examined the relationship between obesity and diabetes and Oprah Winfrey well known celebrity who stated that if there were a pill to lose weight or a magic diet she would have it

Nutrition Standards for Foods in Schools Institute of Medicine,Committee on Nutrition Standards for Foods in Schools,2007-09-14 Food choices and eating habits are learned from many sources The school environment plays a significant role in teaching and modeling health behaviors For some children foods consumed at school can provide a major portion of their daily nutrient intake Foods and beverages consumed at school can come from two major sources 1 Federally funded programs that include the National School Lunch Program NSLP the School Breakfast Program SBP and after school snacks and 2 competitive sources that include vending machines a la carte sales in the school cafeteria or school stores and snack bars Foods and beverages sold at school outside of the federally reimbursable school nutrition programs are referred to as competitive foods because they compete with the traditional school lunch as a nutrition source There are important concerns about the contribution of nutrients and total calories from competitive foods to the daily diets of school age children and adolescents Nutrition Standards for Foods in Schools offers both reviews and recommendations about appropriate nutrition standards and guidance for the sale content and consumption of foods and beverages at school with attention given to foods and beverages offered in competition with federally reimbursable meals and snacks It is sure to be an invaluable resource to parents federal and state government agencies educators and schools health care professionals food manufacturers industry trade groups media and those involved in consumer advocacy

The Essential Pocket Guide for Clinical Nutrition Mary Width,Tonia Reinhard,2024-04-23 In today s fast paced healthcare world it s crucial to have the information you need when you need it The Essential Pocket Guide for Clinical Nutrition Fourth Edition is a quick reference guide for dietitians students interns and other health professionals actively engaged in clinical nutrition The easily readable format incorporates tables and boxes for immediate access to evidence based information on nutritional assessment nutrition support life stage nutrition and nutrition considerations for specific diseases such as diabetes cardiovascular disease cancer and gastrointestinal diseases All inclusive resources and relevant appendices such as laboratory assessment and food drug interactions save the clinician from carrying around separate resources There is no comparable pocket guide on the market that includes this comprehensive coverage of clinical nutrition ADIME at a Glance boxes include sample ADIME notes and PES statements Quick Reference tables and boxes in each chapter make essential information easy to locate Convenient spiral bound format allows for hands free use since it lays flat while using Concise coverage of major practice areas gives you the resources to confidently cover new cases

or a colleague's patients. Each chapter's consistent format includes sections on disease process, treatment, and nutritional intervention, and patient education. Inclusion of official guidelines from nationally recognized associations such as the American Heart Association, American Diabetes Association, National Kidney Foundation, and others. All inclusive resources and relevant appendices such as lab assessment, food-drug interactions, and dietary supplement facts save the clinician from carrying around separate resources. Upper-level undergraduate and graduate courses: Medical Nutrition Therapy, Nutrition Care Process, Nutrition and Disease, and any Clinical Nutrition or experiential-based course. Indispensable resource and pocket guide for dietitians. 2025. 575 pages.

**The SAGE Encyclopedia of Food Issues** Ken Albala, 2015-03-27. The SAGE Encyclopedia of Food Issues explores the topic of food across multiple disciplines within the social sciences and related areas, including business, consumerism, marketing, and environmentalism. In contrast to the existing reference works on the topic of food that tend to fall into the categories of cultural perspectives, this carefully balanced academic encyclopedia focuses on social and policy aspects of food production, safety, regulation, labeling, marketing, distribution, and consumption. A sampling of general topic areas covered includes Agriculture, Labor, Food Processing, Marketing and Advertising, Trade and Distribution, Retail and Shopping, Consumption, Food Ideologies, Food in Popular Media, Food Safety, Environment, Health, Government Policy, and Hunger and Poverty. This encyclopedia introduces students to the fascinating and at times contentious and ever so vital field involving food issues. Key Features: Contains approximately 500 signed entries concluding with cross references and suggestions for further readings. Organized A to Z with a thematic Reader's Guide in the front matter grouping related entries by general topic area. Provides a Resource Guide and a detailed and comprehensive Index along with robust search and browse functionality in the electronic edition. This three-volume reference work will serve as a general non-technical resource for students and researchers who seek to better understand the topic of food and the issues surrounding it.

The Oxford Handbook of the Social Science of Obesity John Cawley, 2011-11-17. There is an urgent need to better understand the causes and consequences of obesity and to learn what works to prevent or reduce obesity. This volume accurately and conveniently summarizes the findings and insights of obesity-related research from the full range of social sciences, including anthropology, economics, government, psychology, and sociology. It is an excellent resource for researchers in these areas, both bringing them up to date on the relevant research in their own discipline and allowing them to quickly and easily understand the cutting-edge research being produced in other disciplines. The Oxford Handbook of the Social Science of Obesity is a critical reference for obesity researchers and is also valuable for public health officials, policymakers, nutritionists, and medical practitioners. The first section of the book explains how each social science discipline models human behavior in particular diet and physical activity and summarizes the major research literatures on obesity in that discipline. The second section provides important practical information for researchers, including a guide to publicly available social science data on obesity and an overview of the challenges to causal inference in obesity research. The third part of the book synthesizes social

science research on specific causes and correlates of obesity such as food advertising food prices and peers The fourth section summarizes social science research on the consequences of obesity such as lower wages job absenteeism and discrimination The fifth and final section reviews the social science literature on obesity treatment and prevention such as food taxes school based interventions and medical treatments such as anti obesity drugs and bariatric surgery *Financial Decision-Making in the Foodservice Industry* Amit Sharma,2019-12-20 The study of decision making in foodservice is still a relatively new area of scholarly interest The application of cost benefit analysis and behavioral finance and economics in the foodservice context is rare This volume *Financial Decision Making in the Foodservice Industry Economic Costs and Benefits* fills that gap and focuses on cost benefit analysis decision making behavioral finance economic theories and their application in foodservice and restaurant industry The volume synthesizes these major themes by developing new theoretical foundations and presenting findings from the investigation of managerial practice The authors cover an abundance of topical issues including ethical obligations in foodservice sustainability issues in the foodservice restaurant industry farm to school and local food expenditures in school foodservice settings managerial traits and behavior in the foodservice industry and more

**Hedonic Eating** Associate Professor of Neuroscience and Visiting Professor of Psychology Nicole M Avena,Nicole M. Avena,2025-09-08 *Hedonic Eating* explores the science and latest research to understand the root cause of overconsumption and the role of pleasure based eating With a comprehensive overview of the factors that may be driving these behaviors this book discusses how the brain is impacted in this ongoing cycle why so many individuals struggle to regulate their intake of highly palatable ultra processed foods and the physiological processes that contribute to overconsumption **Childhood Obesity** Michael I. Goran,2016-10-14 Childhood obesity has reached epidemic proportions in the United States and continues to increase in prevalence in almost all countries in which it has been studied including developed and developing countries around the globe The causes of obesity are complex and multi factorial Childhood obesity becomes a life long problem in most cases and is associated with long term chronic disease risk for a variety of diseases including type 2 diabetes cardiovascular disease non alcoholic fatty liver disease as well as psychosocial as issues and obesity seems to affect almost every organ system in the body In recent years there has been tremendous progress in the understanding of this problem and in strategies for prevention and treatment in the pediatric years *Childhood Obesity Causes Consequences and Intervention Approaches* presents current reviews on the complex problem of obesity from the multi level causes throughout early life before adulthood and the implications for this for long term disease risk It reviews numerous types of strategies that have been used to address this issue from conventional clinical management to global policy strategies attempting to modify the global landscape of food nutrition and physical activity Each chapter is written by a global authority in his or her respective field with a focus on reviewing the current status and recent developments The book features information on contributing factors to obesity including developmental origins social family birth cohort studies influence of ethnicity and global

perspectives It takes a life course approach to the subject matter and includes exhaustive treatment of contributing factors to childhood obesity such as assessment environmental factors nutrition and dietary factors host factors interventions and treatment consequences and further action for future prevention This broad range of topics relevant to the rapidly changing field of childhood obesity is suitable for students health care professionals physicians and researchers



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