

Portion telling

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How much is too much? Our handy comparison chart will keep you eating the right amounts.



Serving of pasta (1/2 cup) = Light bulb

By **MARK ROSS**
SPECIAL TO THE STAR-TELEGRAM

When it comes to healthy portions, seeing is believing. That's the idea behind the new book *The Portion Teller* (Morgan Road Books, \$19.95) by Lisa Young, a registered dietitian and faculty member in the Department of Nutrition, Food Studies and Public Health at New York University.

In this mega-biggie-supersized world, Young says, a little knowledge and self-control can go a long way toward keeping portion sizes in perspective. If, for example, the piece of salmon you ate for dinner last night was the size of three decks of playing cards, congratulations! You got your three servings of meat for the day.

Young offered these other simple, practical ways to visualize proper portion sizes of popular foods.

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Hamburger (3-4 ounces of meat, plus bun and vegetables)
= 2 hockey pucks stacked up



Chicken breast (3-4 ounces) = Regular-size iPod