



# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between RU Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### The Helping Hand

Your eyes are like a pelican – they can eat more than your belly can. Even though the food in the dining halls is “all you care to eat,” do not make it all you CAN eat. Portion control is an important part of a healthy diet. Here are a handful of tips to help eyeball single serving portions when eating in the dining halls.

#### Arthur’s Fist

This great meme is even better as a method for eyeballing approximately eight ounces or one cup. The size of a closed fist is a good representation of a cup when measuring an appropriate portion of fresh vegetables, fruit, milk, cereals, or soups.



#### Two Thumbs Up

Not only is a thumbs up an effective way of telling someone they did a good job, it is also helpful for eyeballing one tablespoon. As a general *rule of thumb*, a portion of peanut butter, nuts, cheese or cream cheese should be the size of two thumbs.

#### Palm Reading

You do not have to be a psychic palm reader to know that you can use your palm to eyeball three to four ounces. Open your palm next to your plate when portioning proteins such as beef, poultry, pork, veggie burger, or fish to serve yourself a recommended portion.



#### Cupped hands for Half Cups

Be like Meryl Streep and “scooop” a single serving (½ cup) of pasta, rice, beans, and cooked vegetables onto your plate. When portioning out these foods in the dining hall, use a cupped hand for reference.

### Help me(me) portion control

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References: *Portion Control Fact Sheet*. Available at:

<http://commonhealth.virginia.gov/documents/wellnotes/PortionControlFactSheet.pdf>. Accessed on: October 21, 2017.

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