

Portion Size Challenge: Are You a Portion Pro?



Test your knowledge of standard portion sizes and learn how to make mindful choices when eating out.

Instructions: Answer the following questions to see how well you understand portion sizes and their impact on healthy eating out.

1. What is the recommended serving size for cooked pasta or rice?

- a) 1 cup
- b) 1/2 cup
- c) 2 cups
- d) 1/4 cup

2. A serving of meat or poultry is about the size of:

- a) A deck of cards
- b) A baseball
- c) A golf ball
- d) A tennis ball

3. How much is a single serving of cheese?

- a) 1 ounce (about the size of a pair of dice)

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- b) 2 ounces (about the size of a golf ball)
- c) 3 ounces (about the size of a bar of soap)
- d) 4 ounces (about the size of a baseball)

4. A recommended serving of nuts or seeds is about:

- a) 1/4 cup
- b) 1/2 cup
- c) 1 cup
- d) 2 cups

5. True or False: Restaurant portions are typically much larger than standard serving sizes.

- a) True
- b) False

6. Which of the following is NOT a strategy for practicing portion control when eating out?

- a) Sharing a dish with a friend
- b) Ordering an appetizer and a side salad instead of an entree
- c) Eating everything on your plate, even if you feel full
- d) Asking for a to-go box at the beginning of your meal

7. What is mindful eating?

- a) Eating quickly to finish your meal before it gets cold
- b) Paying attention to your hunger and fullness cues while eating
- c) Eating while watching TV or scrolling through your phone
- d) Eating only when you're bored or stressed

8. How can mindful eating help with portion control?

- a) It helps you eat faster
- b) It makes you feel full sooner
- c) It encourages you to eat more
- d) It has no effect on portion control

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9. Which of the following is a good strategy for navigating buffet-style restaurants?

- a) Filling your plate with everything you want to try
- b) Skipping breakfast so you can eat more at the buffet
- c) Using a smaller plate and taking small portions of a variety of foods
- d) Focusing on high-calorie, indulgent dishes

10. Why is portion control important for healthy eating out?

- a) It helps you avoid overeating and consuming excess calories.
- b) It allows you to enjoy a variety of foods without feeling guilty
- c) It can help you save money by ordering less food
- d) All of the above

Answer Key

- 1. b
- 2. a
- 3. a
- 4. a
- 5. a
- 6. c
- 7. b
- 8. b
- 9. c
- 10.d

Results

- **9-10 Correct: Portion Pro!** You're a master of portion control and mindful eating. Keep up the great work!
- **7-8 Correct: You're on the right track.** Continue practicing portion control and mindful eating techniques for even better results.
- **5-6 Correct: There's room for improvement.** Review the information in the article to sharpen your portion control skills.

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- **0-4 Correct:** No worries, we're here to help! This quiz is a great starting point for learning about portion control and mindful eating.

Remember:

- Portion control and mindful eating are essential for healthy eating out.
- By making conscious choices and paying attention to your body's signals, you can enjoy delicious meals without overindulging.

- **Share your quiz results and any questions you have in the comments below!**
- **Explore our other articles on healthy eating out and holistic nutrition for more tips and tricks.**