

Portion Control Tools and Resources

Limiting portion size is a great way to eat less and reduce your daily caloric intake. A wide variety of artfully designed dishes, measuring cups, scales, and other tools can help you avoid eating or drinking more than you should.

Dishes With Portion-Control Markings

<p>The Diet Plate http://www.thedietplate.com</p>	<p>Website offering portion-control information as well as selling dishes marked with portion sizes tailored to the dietary needs of children, women, and men.</p>
<p>Precise Portions Healthy Lifestyle Basic Nutrition & Portion Control System Kit http://www.shopdiabetes.org/2143-Healthy-Lifestyle-Starter-Kit.aspx</p>	<p>Dish set with nutrition guide.</p>
<p>Measure Up Bowls http://www.measureupbowl.com</p>	<p>Bowls with portion-size etching.</p>
<p>PortionWare https://www.portionware.net</p>	<p>Measuring bowl sets</p>
<p>Wine-Trax https://www.amazon.com/dp/B004W412OI</p>	<p>Wine glasses marked with frosted lines measuring 4, 6, and 8 ounces. Suitable for all beverages.</p>

Meal-Planning Tools

<p>American Diabetes Association Meal Planning Tools http://www.shopdiabetes.org/Categories/177-Meal-Planning-Tools.aspx</p>	<p>Cookbooks, dish sets, measuring cups, disposable dishes, etc.</p>
<p>Salter Nutrition Scale https://www.amazon.com/dp/B001DQOE98/</p>	<p>Scale that weighs food portions and calculates the nutritional values of components such as fat, cholesterol, fiber, protein, and sodium by portion size.</p>

Helpful Devices

<p>Oil Misters https://wiki.ezvid.com/best-oil-misters</p>	<p>Web article detailing various devices for spraying rather than pouring oil on food, which helps limit fat consumption.</p>
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