

Portion Control & Logging Food Accurately

Studies have shown that the larger the serving size, the more people eat. Today's standard portions are bigger than ever, and as a result, many of us have a distorted view of how much we eat. In other words, most people underestimate the calories they consume, which can thwart weight loss efforts. Here are a few tips to help you gain perspective on the portions you're consuming:

- Read food labels to see what the serving size is AND the number of servings in the container.
- Use nutritional information restaurants provide in pamphlets and websites to learn the calorie content of your favorite foods.
- Measure what you eat and drink at home using a food scale, measuring cups and spoons and log the amount in the bodybugg food tool to see the calorie content.
- Record everything you eat and drink – the little bites, drinks and handfuls add up.

Tips for Improving Your Accuracy

The bodybugg™ system makes tracking your food flexible, quick and easy. Here are some tips for success:

- Use the bodybugg food logging tool to choose from thousands of everyday and specialty foods. Add custom foods using food labels and recipes.
- Log it write away. The longer you wait, the more likely it is that you'll forget or underestimate the amount.
- Carry a mini notepad to write down what you eat and drink when you're on the go.
- Log everything you drink.
- Use your customized menus located on your My Nutrition Plan screen as a guide for portion sizes. You can adjust these at any time.
- If a restaurant menu doesn't reveal portion sizes, ask your server or use the visual guides provided.
- Use meal replacements (bars, drinks, pre-packaged items) once or twice a day for a consistent calorie intake.

Double check how accurately you're logging food. Do this by using the Based on Measurements view after you update your weight each week. Click [here](#) to learn how to do this.

What Are the Right Portion Sizes for Me?

The amount of food (portion sizes) that is appropriate for you varies based on your body weight/fat, goals and food choices. Your customized menus located on your Nutrition Plan screen contain guidelines for portion sizes of various foods. You can also use the following guidelines to help recognize calories and portion sizes.

- One cup is the size of a tennis ball
- Three ounces of meat is the size of a deck of playing cards
- One ounce of cheese a one-inch cube
- A typical cheeseburger is 590 calories.
- Two slices of pepperoni pizza is 850 calories.
- A 20 ounce regular soda is 250 calories
- A typical 6 ounce muffin is 500 calories.

Keep in mind that you can choose any food you like as long as you're meeting your calorie balance target. In other words, when it comes to weight control, what matters most is the total number of calories you eat and burn each day.

Accurately Track Calories for Lifelong Success

Most individuals do not become overweight or obese suddenly. Rather, weight gain for most people occurs slowly over time and is virtually unnoticeable on daily, weekly and even monthly basis. In other words, most people do not see or feel a 1 to 3 pound weight gain occurring over the course of a year, and after several years, they are overweight or obese. In fact, it is quite easy to lose track of a few extra calories. For example, gaining one pound of fat (3,500 calories) over a year (365 days) equates to consuming on average, an extra 10 calories per day more than you burn. Ten calories is equal to an extra bite of pasta, a couple of mini pretzels, or one piece of sugarless gum. As you can see, learning how to accurately estimate portions and track calories is important for lifelong success. And if you use the bodybugg armband, you can adjust your intake and/or activity on a *daily* basis. Whether your goal is to lose weight, gain weight or prevent weight gain, this means you're always in control.