A practical portion checklist

Use this page to notice amounts, describe a meal and keep estimates in perspective. The smallest portion is not automatically the right one.

Before and after the meal

[ ] Choose a portion that suits your needs and the whole meal.

[ ] Check the reference: raw, cooked, drained or packaged serving.

[ ] Include cooking oil, sauce, toppings and drinks once.

[ ] Record the amount eaten, including leftovers.

[ ] Mark unknown quantities as estimates, not measured facts.

[ ] Check satisfaction and energy; simplify tracking if it adds distress.

Same food, different portion

Food	First amount	Second amount
Rolled oats, dry	40 g: 152 kcal	80 g: 303 kcal
Brown rice, cooked	150 g: 184 kcal	250 g: 308 kcal
Almonds	15 g: 87 kcal	30 g: 174 kcal

Hands are a descriptive reference, not a universal gram conversion. Cups and spoons can help repeatability; a scale helps when you need a measured ingredient amount. Label servings are reference amounts, not personal recommendations.

Original comparisons use USDA FoodData Central SR Legacy records. Food values vary with product and preparation. This is not a clinical diet plan. If eating or tracking is restrictive or distressing, seek qualified support.

Guide, app preview and sources: coachivy.app/blog/portion-control-for-weight-loss