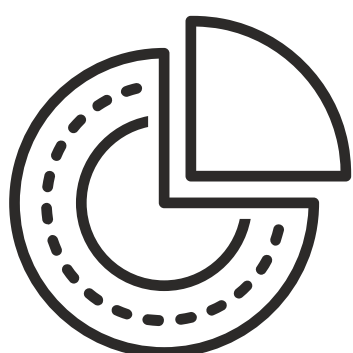


Managing Portions



Keep it Consistent

Try to use the same size plates, bowls, and cups because, as the size of these items vary, so does our estimate of portion sizes. And consider using pre-portioned containers that help take the guesswork out of portion sizes.

Portion Out, Put Away

Eating out of packages can make it very difficult to control portions. Instead, portion out how much of the food you intend to eat, then put the food packages away before you begin eating.

Out of Sight, Out of Mind

If you see it, you are probably more likely to eat it. Keep tempting foods out of sight. Consider keeping foods you want to eat more of (i.e. fruits and vegetables) within eyesight and easy reach.

TIP

1

Train Your Eyeballs

Practice with measuring cups and spoons, or a food scale. This helps you learn what a portion of food looks like. After a while, you will be able to better estimate portion sizes without measuring (but it's always a good idea to test yourself every now and then!)

TIP

2

TIP

3

Size Matters

Use smaller bowls and plates for foods you want to eat less of. Conversely, you can use this concept to your advantage and choose larger bowls and plates when you want to eat more of something, such as broth-based soups, salads and vegetables!

TIP

4

TIP

5

Serve Yourself Less

Are you a member of the "Clean Plate Club?" If so, you know you will eat whatever you put on your plate. Try serving yourself less food than normal and know you can always go back for more if you are still hungry.

TIP

6

TIP

7

Eat Mindfully

While eating, try to minimize distractions such as television, phone, or computer use. Mindful eating promotes enjoyment and portion control. And try eating at a slower pace, because it takes a few minutes for food to reach your stomach and signal to your brain that you are full.