

Quick Tips for Controlling Portions



- Use smaller plates and bowls. The average size of plates and bowls has grown over the years from 9 inches to 12 inches! Smaller bowls and plates will look full with less food on them.
- Do not put all of the food on the dinner table. This encourages overeating. Serve the food in the kitchen and then take the plates to the table.
- If you don't know what a proper portion looks like, measure out your food using measuring cups so that you can learn to estimate the right portion size.
- Some restaurant meals could feed 2 or 3 people! Ask your server to bring out a to-go container with your meal and put half of your food in the container before you begin eating.
- Resist the urge to super-size your meal for a few extra cents. The extra calories you'll eat are not worth the sixty cents you just paid for them.
- Share meals and desserts with a friend. You'll save money and calories!
- Remember that drinks like sodas and juice have calories too. That 32 or 44-oz. drink that you get with your meal could easily add on 300—500 calories! Drink water or milk instead.
- Read the Serving Size and Servings Per Container information on the Nutrition Facts labels of the foods you buy. This will tell you the size of one serving of the food and how many servings are in the container. The nutrition information on the label is based on one serving size.