

Portion sizes are increasing almost everywhere we turn - at the grocery store, at restaurants, at home and at the movies. Studies show that when faced with larger portions, people inadvertently consume more calories which can lead to weight gain. There are ways that you can control your portions. Read more about many ways that portion control can help you toward a healthier lifestyle.

## Serving Size



Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table. If you order an entrée, take the leftovers home, refrigerate and enjoy another meal or a snack tomorrow.

### Eat Your Fast Food on a Plate:

When you order fast food, picture the food on a plate. Even better, take it home and put it on a plate. You may be surprised at how full the plate looks, so next time try a smaller size.

### Order Smaller Portions of Fast Food and Take-Out

- Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water.
- Look for low sodium options.
- At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey, or ham; extra lettuce and tomato; and whole-wheat, oatmeal, or multigrain bread.
- When dining out, order a light appetizer instead of an entrée.

## Drinks Count Too!



- Try drinking a glass of water before your meal.
- Try making your own iced tea with honey, instead of white sugar.
- Instead of an alcoholic beverage, try a diet soda, or club soda with fresh lemon or lime. You will consume less calories.
- Try mixing 100% fresh fruit with club soda for a refreshing alternative to soda or packaged drinks.
- You can make your own lemonade with fresh lemons, sparkling water, and honey instead of sugar.

### Go Ahead - Spoil Your Dinner

We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

### Out of Sight, Out of Mind

Make your home a "portion friendly zone." Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of a freezer. People tend to consume more when they have easy access to food.

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