

Sizing Up Your Food: Portion Control

When it comes to food, our judgment can become slightly askew. Sometimes our eyes are bigger than our stomachs, and many of us aren't certain of what appropriate serving sizes are. Media advertisements, huge restaurant meals, and food packaging can cause a lot of confusion about what a healthy serving size should be.

Portion Control Tips

Research shows that people tend to eat more when they're presented with more food. Putting less on our plate makes us less likely to overeat. Paying attention to the quantity (and the quality) of your food can help control your weight and improve overall wellness. Try these tips for learning to control your portions:

- Don't eat out of the box. Put food on a small plate so you can see exactly what you're eating.
- When dining out, split the meal in half before you begin eating. Plan ahead to eat only a part of large restaurant servings.
- Try single-serving treats instead of bulk packaging.
- Don't watch TV while eating. Distraction leads to overeating.
- Use smaller plates and cups for serving.
- Learn how to accurately gauge serving sizes with the following visual.



10 Foods that are Easy to Overeat

Be leery of certain trigger foods - usually with high caloric content - as they tend to lead to mindless overeating. Make sure to premeasure foods such as:

- Cereal
- Nuts
- Peanut butter
- Ice cream
- Grapes
- Pasta
- Corn
- Cheese
- Trail mix
- Crackers