

10 PORTION CONTROL TIPS

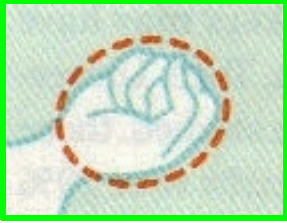





The truth is, effective weight management is a matter of calories in ... calories out. While eating a low fat diet is healthier in general, weight management ultimately depends on limiting TOTAL calories. Portion control is the key.

- 1. Break Down Leftovers.** Instead of using one large container, store leftovers separately in individually sized containers. That way, when you reach in the fridge for something to reheat, you can easily retrieve just enough for one helping.
- 2. Say Yes to Salads.** Eat a salad before lunch or dinner to help curb your appetite and give you a sense of satiety (fullness) sooner.
- 3. Single out Trigger Foods.** It's difficult to stop eating (let alone keep track of) tortilla or potato chips straight out of the bag while watching your favorite TV program. Buy snack foods already packaged in single serving size bags or divide a big bag into smaller, sandwich-size baggies.
- 4. Master Mini Meals.** Keep your blood sugar stable and control hunger by eating small, healthy meals throughout the day. Because you'll get never *too* hungry, mini meals will prevent impulse snacking and overeating at meals.
- 5. Keep Seconds Out of Sight.** Don't serve meals family-style. Keep serving dishes away from the table where it's easy to reach for seconds. It takes about 20 minutes to feel satiated, so taking a "breather" gives you a chance to decide if you're really hungry enough for another helping.
- 6. Make Meat a Side Dish.** Treat meat or meat-based entrees as a side dish rather than the main part of your meal. By making veggies and healthy grains the main course of your meal, you'll feel full sooner and get extra vitamins and fiber.
- 7. Meet Yourself Halfway.** Make lunch a "two-fer". At work, why not split take out with a buddy? At a restaurant, pack half of your meal before you start eating ... and now you have enough for dinner too!
- 8. Be a Kid at Heart.** Order a Kid's Meal when you go to fast food places to automatically control portion size (and save money).
- 9. Treat Yourself.** Allowing yourself to have a forbidden food once in a while will keep you from feeling deprived, which can easily lead to overeating. Indulge a craving before it gets out of hand ... and stop a binge before it starts !
- 10. Set Serving Standards.** Learn to "eyeball" standard portion sizes (see chart on the back).



Manalapan Health Department

“HANDY” PORTION CONTROL

Hand Symbol	Equivalent	Foods	Calories
	FIST 1 cup	Rice or Pasta Fruit Veggies	200 75 40
	PALM 3 ounces	Meat (lean) Fish (no skin) Poultry	160 160 160
	HANDFUL 1 ounce	Nuts Raisins	170 85
	2 HANDFULS 1 ounce	Chips Popcorn Pretzels	150 120 110
	THUMB 1 ounce	Peanut Butter Hard Cheese	170 100
	THUMB TIP 1 teaspoon	Cooking Oil Mayonnaise/Butter Sugar	40 35 15