



Strategies to “smart-size” your portions

1. Portion control in front of the TV

- Put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It’s easy to overeat when your attention is focused on something else.

2. Portion control when eating in

- Use smaller bowls, plates, and glasses.
- Serve food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.
- Before you go for second helpings, sit a few moments and let your body catch up. It takes about 20-30 minutes for the hormones that signal satiety to get the message from the stomach to the brain.
- Store tempting foods out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.
- When buying in bulk, store the excess in a place that’s not convenient to get to, such as a high cabinet or at the back of the pantry.
- Beware of large packages — Divide up the contents of one large package into several smaller containers to help avoid over-consumption.

3. Portion control when eating out

- Ask about child-sized portions.
- Request a half order of an entrée.
- Order an appetizer as an entrée.
- Share an entrée with a friend.
- Get a “to-go” box and wrap up half your meal as soon as it’s brought to the table.

4. Whether eating in or out, resist the temptation to supersize!

Sources: *How to avoid portion size pitfalls to help manage your weight.* CDC, DHHS. Available at: www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

Check Your Health. Utah Department of Health, Intermountain Health Care, and 2 News. Available at www.checkyourhealth.org/newsletters/portions_newsletter.pdf

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