

Tips to Control Portions

You do not need to measure and count everything you eat for the rest of your life—just do this long enough to recognize typical serving sizes. Try the ideas listed below to help you control portions at home.

- **Take the amount of food that is equal to one serving, according to the Nutrition Facts,** and eat it off a plate instead of eating straight out of a large box or bag.
- **Avoid eating in front of the TV or while busy with other activities.** Pay attention to what you are eating and fully enjoy the smell and taste of your foods.
- **Eat slowly** so your brain can get the message that your stomach is full.
- **To control your intake of the higher-fat, higher-calorie parts of a meal,** take seconds of vegetables and salads instead of meats and desserts.
- **When cooking in large batches, freeze food that you will not serve right away.** This way, you will not be tempted to finish eating the whole batch before the food goes bad. And you will have ready-made food for another day. Freeze leftovers in amounts that you can use for a single serving or for a family meal another day.
- **Try to eat meals at regular intervals.** Skipping meals or leaving large gaps of time between meals may lead you to eat larger amounts of food the next time that you eat.
- **When buying snacks,** go for single-serving prepackaged items and foods that are lower-calorie options.
- **Make snacks count.** Eating many high-calorie snacks throughout the day may lead to weight gain. Replace snacks like chips and soda with snacks such as low-fat or fat-free yogurt, smoothies, fruit, or whole-grain crackers.
- **When you do have a treat** like chips or ice cream, measure out 1/2 cup of ice cream or 1 ounce of chips, as indicated by the Nutrition Facts, eat it slowly, and enjoy it!

