



Reduce Your Portion Sizes

Research shows that when people are served more food and beverages, they eat more food and drink more. Try these strategies to control the amount you eat and drink.

- **Eat slowly** so your brain can get the message that your stomach is full.
- **Don't take second helpings.** If you do, take seconds of vegetables and salads instead of meats and desserts.
- **Use smaller plates, glasses and spoons.**
- **Avoid eating in front of the TV.** It is easy to lose track of how much you are eating.
- **Stop eating when you begin to feel full.**
- **Fill half your plate with non-starchy vegetables.**
- **Keep your serving of meat to the size of a deck of playing cards.**
- **Don't take an entire bag of chips or container of ice cream to the couch.** Serve yourself a portion in the kitchen first, then eat slowly and enjoy!
- **When eating at a family or friend's house, try everything in very small amounts.** This way, you show your appreciation for your host's efforts without overeating.
- **Start a meal with a salad or bowl of broth-based soup.** Filling up on lower-calorie foods will help you avoid overeating higher-calorie items.
- **Eat meals at regular intervals.** Skipping meals or leaving too much time between meals may lead you to eat larger amounts of food later.
- **Choose single-serving prepackaged snacks.**
- **Just cut back. Eat less.**

