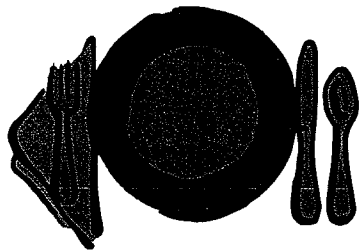


## 12 Smart Ways to Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time. Here are a dozen quick and easy ways to eat less and enjoy more taste and nutrition in every bite.

1. **Listen to your body's cues:** Your internal signals of hunger and satisfaction can help you eat right, if you listen to them.
2. **Prepare less food for meals:** Large quantities of food make people eat more. If you want leftovers, put them out of sight and out of mind.
3. **Start with a small serving:** Small servings may be exactly what you want and you can always have more if you are still hungry.



4. **Use small dishes and glasses:** It really works. Smaller plates and taller, thinner glasses make you think that you are getting more with less.
5. **Slow down the pace of eating:** Eating slowly enhances enjoyment of food and beverages and gives your brain time to register fullness.
6. **Eat half, wait 20 minutes:** When you wait (and listen to internal cues), you can be satisfied with smaller-than-usual portions.
7. **Never eat out of the bag:** When you eat out of bags, boxes or cartons, you usually eat more. Take a small portion and then put the bag away.
8. **Think before you order:** Many meals out are two to four times larger than you need. Make a plan before you order.
9. **Always go for the small size:** At fast-food restaurants, order small or regular items (drinks, burgers and fries) or choose a child-size meal.
10. **Share, share, share:** Sharing meals when eating out is a great way to save money and calories too.
11. **Eat half, take half home:** Ask your server to put half your meal into a "to-go" container in the kitchen or to bring a box to the table.
12. **Eat regular meals and snacks:** When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.



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