



Avoid Portion Size Pitfalls

Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods.

Here are some tips to help you avoid some common portion-size pitfalls.

- When eating out, consider splitting an entrée with a friend. Or, ask for a "to-go" box and wrap up half your meal as soon as it's brought to the table.
- When eating in, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.
- When watching TV, put the amount that you plan to eat into a bowl or container. It's easy to overeat when your attention is focused on something else.
- If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.
- Divide up the contents of one large package into several smaller containers to help avoid over-consumption.
- Store especially tempting foods, like cookies, chips, or ice cream, 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. Make your home a "portion friendly zone."
- 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.

Take Charge. Live Well!

Source: "How to Avoid Portion Size Pitfalls to Help Manage Your Weight." www.cdc.gov.