

PORTION SIZE

7 things you should know

It's no secret that the foods you choose to eat can affect your weight. Choosing healthier foods is a great step toward getting and keeping a healthy weight. But watching how much you are eating is important too. Here are 7 things you should know about portion size.

1. OVEREATING IS EASY WHEN YOUR PLATE IS TOO FULL.

- In the past few decades, restaurants, movie theaters and grocery stores all have made portions bigger.
- Studies show that when people are offered larger portions they tend to eat more.

2. OVEREATING CAN LEAD TO UNHEALTHY WEIGHT GAIN.

- Being overweight increases your risk of:
 - Heart disease.
 - Type 2 diabetes.
 - High blood pressure and high cholesterol.
 - Certain cancers and other chronic conditions.

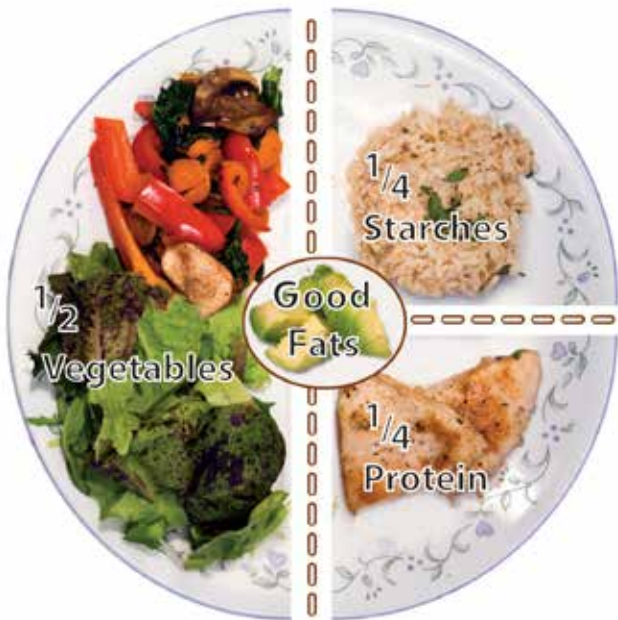


3. CONTROLLING YOUR PORTIONS CAN HELP YOU LOSE WEIGHT.

- If you eat large portions often, and don't increase your activity level to burn off those extra calories, you will gain weight.

4. PAY ATTENTION TO PORTION SIZE AT HOME.

- Measure out the standard serving size of some of your favorite foods and remember what it looks like.
- Use smaller plates so that you are not tempted to fill them too full.
- Drink plenty of water with your meal.
- Don't put serving dishes on the table.
- If you think you want seconds, wait 10 or 15 minutes after eating.



5. WATCH HOW MUCH YOU EAT WHEN YOU WATCH TV.

- It is easy to overeat if your attention is focused on something else. This makes TV time a potential trouble time.
- Don't eat out of the bag or container - it is harder to stop.
- If you are going to snack, put the amount you plan to eat in a bowl.

6. EAT LESS AT RESTAURANTS, TOO.

- Share a meal or order an appetizer as your dinner.
- Take half your order to go for lunch the next day.

7. SODAS, SWEET DRINKS AND ALCOHOLIC BEVERAGES ARE PACKED WITH EXTRA CALORIES.

- Drink water with a twist of lemon.
- If you drink soda, order a small size of a diet soda.

