Avoid Portion Size Pitfalls to Help Manage Your Weight

When eating at many restaurants, it’s hard to miss portion sizes have gotten larger in the last few years. Research shows people unintentionally consume more calories when faced with larger portions. Here are some tips to help you avoid some common portion-size pitfalls.

Portion Control When Eating Out
Take control of the amount of food which ends up on your plate by splitting an entrée. Or ask the wait person for a “to-go” box and wrap up half your meal before you starting eating.

Portion Control When Eating In
To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table.

Go Ahead, Spoil Your Dinner
Eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Be Aware of Large Packages
Divide up the contents of one large package into several smaller containers to help avoid over-consumption. Don’t eat straight from the package; instead, serve the food in a small bowl or container.