

WHAT DO SMART PORTIONS MEAN?

It means thinking not just about what you eat, but how much—controlling portion sizes of foods so you leave the table feeling energized instead of overstuffed.

What portion sizes are you choosing in your meals right now?

WHAT'S MOST IMPORTANT TO YOU?

- **Losing or maintaining weight.** Understanding portion sizes can be part of an overall approach to reaching or sustaining a healthy weight.
- **Being satiated, not overfull.** Knowing how much food your body needs in order to be satisfied, not uncomfortably full.
- **Eating more mindfully.** Being more aware of how much you're eating, and why.
- **Being label-savvy.** Learning how to read labels for serving sizes. A package may look like one serving, but the label may say two.

TRY THIS AT HOME

Put on a blindfold and experience food with no distractions. Try naming the various dishes, doing taste tests and describing the food. It can be a fun family activity that may help everyone slow down, pay attention to flavor, and eat less.

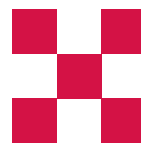
FIVE WAYS TO GET STARTED



Use smaller plates. Studies show the size of a plate or bowl influences how much food is served and eaten.



Breathe. Before a meal, take 10 long, deep breaths. It'll serve as a reminder to relax, slow down and enjoy your food.



Try grazing. Eat five times a day in small amounts. It may help you eat more mindfully—and ultimately eat less.



Pasta patrol. One serving is a half-cup: about what fits into your cupped hand. Eyeball the amount and try to stop at two servings.



Compare portion sizes. For one day, put only the portion size that's recommended on the label on the plate. How does it compare with what you consider a portion?

REALLY? I DIDN'T KNOW THAT!

- People underestimate how many food decisions they make—by some estimates we make more than 200 a day.
- An ideal plate is half vegetables and fruits (more veggies)—with the other half lean protein and whole grains. Dairy (think milk or yogurt) should be a small side.
- It takes two hours and 20 minutes of running to burn off a 1,450-calorie meal.
- For centuries, the people of Okinawa, Japan, have followed hara hachi bu, an approach where people stop eating when they're 80 percent full.



PLAN FOR YOUR ROADBLOCKS

We all encounter roadblocks from time to time. Try planning ahead with this technique recommended by personal-change experts: First, envision the benefits of reaching your goal—starting with your personal vision. Then, imagine your biggest roadblocks and how you'll get past them.

ROADBLOCK	STRATEGY
When I eat a meal, I take a large helping of everything.	I'll use a smaller plate and have a smaller portion of each food.

WRITE YOUR PERSONAL VISION

Create a short phrase capturing a benefit of smart portions—whichever benefit is most important to you. Say it anytime you start to veer from your new path.

Example: I pay attention to how many portions I'm really eating.

My personal vision

WHO SUPPORTS YOU IN YOUR EFFORTS TOWARD SMART PORTIONS?
