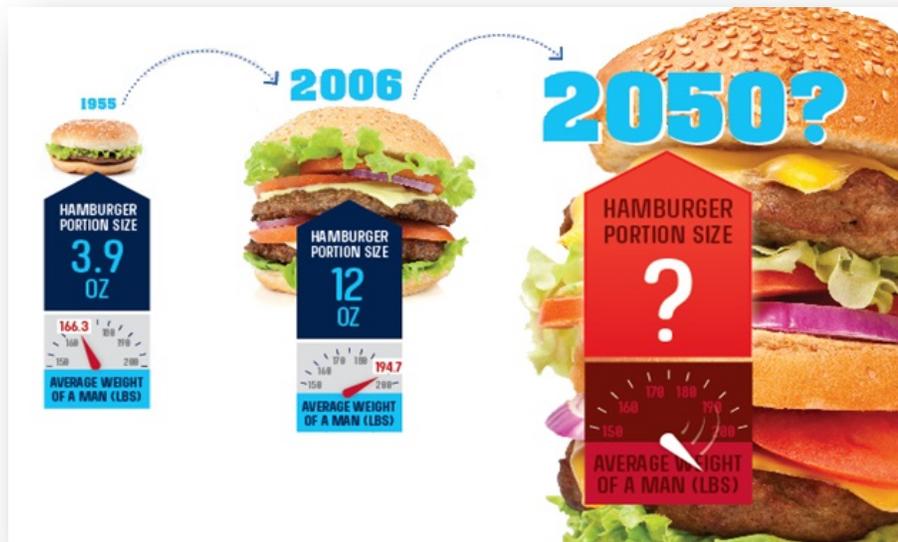


Food and drink portions have increased dramatically since the 1980's. Even recipes list larger serving sizes than ever before. In a 1960's version of "The Joy of Cooking," a brownie recipe served 30 – now the exact same recipe serves only 16!<sup>1</sup>



The allure of a “better value” has sucked us into buying large quantities of huge portions on a regular basis. The effect on waistlines everywhere has been catastrophic. Most people encounter oversized portions every day.

### Portion Distortion

Are you a member of the clean plate club? Although your parents may have encouraged you to finish all your food when you were younger, modern instances where this is healthy or necessary are few and far between. How much we eat is all too often dependent on how much we are served. The more on our plate, the more we eat – bigger portions can cause people to eat 30% to 50% more than they usually would!

### Portion Control Tips

- *Use smaller containers.* Separate leftovers into single serving containers so you're less tempted to eat all the remains.
- *Have a salad before your meal.* It will curb your appetite and give you a sense of satiety.
- *Split an entrée with a friend.* When eating out, ask a friend to share a single entrée!
- *Buy or make single serving snacks.* You can easily portion out a large container of almonds into individual bags. You'll be less likely to go back for another baggie than reach in for another handful.
- *Keep seconds out of sight.* Leave the food in the kitchen to avoid refill temptations.
- *Have mini meals throughout the day.* This will keep you satisfied and decrease the urge to eat large portions at traditional mealtimes.<sup>3</sup>

<sup>1</sup> “Out of Control Portion Sizes” from [www.thatsfit.com](http://www.thatsfit.com) by Liz Neporent. 2009

<sup>2</sup> “The Portion Teller” by Lisa R. Young, Ph.D., R.D. 2005

<sup>3</sup> “Top 10 Ways to Control Portions” from [www.About.com](http://www.About.com) by Jennifer R. Scott. 2009

<sup>4</sup> Image copyright [www.makehealthasier.org/timetoscaleback](http://www.makehealthasier.org/timetoscaleback)