



# RIGHT SIZE YOUR PORTIONS

NEWSLETTER VOLUME 5

*Remember to give yourself a point each time you complete a tip.*

Portion sizes have increased over the past 20 years. Not surprisingly, so has our weight. Eating large portions means eating extra calories that lead to excess pounds. To make matters worse, most of us have become accustomed to the large portions served in most restaurants and can no longer recognize appropriate portion sizes. Here are some examples of “portion distortion”:

	20-Years Ago	Today
<b>Bagel</b>	3-inches in diameter 140 calories	6-inches in diameter 350 calories
<b>Spaghetti and Meatballs</b>	1 cup pasta with sauce and 3 small meatballs 500 calories	2 cups of pasta with sauce and 3 large meatballs 1000 calories
<b>Soda</b>	6.5 ounce bottle 85 calories	20 ounce bottle 250 calories
<b>Blueberry Muffin</b>	1.5 ounces 210 calories	5 ounces 500 calories

Learning to right-size your portions will help you eat fewer calories and maintain a healthier weight. Fill up, not out! For more information and resources visit [www.MyEatSmartMoveMoreNC.com](http://www.MyEatSmartMoveMoreNC.com).

## QUICK TIPS TO TRY

### Right Size Your Portions

1. Prepare more meals at home.
2. Avoid eating snacks straight from the package—put a small portion into a bowl or buy single serving packs.
3. Use a smaller plate. Pay attention to hunger cues before going for a second helping.
4. Order from the kids’ menu.
5. Share your meal with a co-worker, friend or family member.
6. Avoid combo meals that are “supersized.”
7. Ask your server to pack half your meal in a take-out box and save it for a later meal.

