



for your company  
for your employees  
for your future  
January 9, 2012

# WELLNESS WEEKLY

## Top 10 Ways to Control Portions

**1. Break leftovers down:** Breaking down meal-sized servings into single servings will help you limit your food intake with no additional effort. Instead of using one large container to store leftovers, separate them into individually-sized containers. That way you're retrieving just enough for one helping.

**2. Salads:** Eating a salad before lunch or dinner is a sure-fire way to keep from overeating. It will help curb your appetite and give you a sense of fullness sooner.

**3. Snack on single serving packs:** Buy snack foods in single serving sizes or divide up full size packages into smaller, individual bags. It can be difficult to practice portion control when eating straight from a large bag. Smaller bags prevent you from over indulging.

**4. Mini Meals:** You can make sure your blood sugar stays at the proper level and keep hunger at bay by eating healthful small meals throughout the day. Mini meals are an excellent way to prevent overeating because you will never get to the point where you are famished and lose control of your portion intake.

**5. Keep seconds out of sight:** Don't serve family meals family-style. Keep pots and dishes away from the table where it's all too easy to go for seconds. If the extra food is right in front of you, you are more likely to continue to eat than if you had to get up from the table to have seconds.

**6. Make meat a side dish:** Treat meat or meat-based entrees as a side dish rather than the main part of your meal. By loading up on veggies and healthy grains as the bulk of your meal instead of using them as sides, you'll feel full sooner and get extra vitamins and fiber.

**7. Cut it in half:** Make lunch a "two-fer". Your mid-day meal can work double duty by being shared or serving as dinner. At work, split take out with a co-worker. At a restaurant, pack up half of your meal before you even start eating. You have an instant second meal.

**8. Be a kid:** Order a kid's size meal when you go to fast food places to automatically control portions.

**9. Serving standards:** Learn to "eyeball" standard portion sizes and stick to them when dining out or dishing up meals. Keep these tips in mind: 3 oz. of meat is the size of a deck of cards; 1 oz. of meat is the size of a matchbook; 1 cup of potatoes, rice or pasta looks like a tennis ball.

**10. Treat yourself:** Treating yourself once in a while to a "forbidden" food will keep you from feeling deprived; a sense of deprivation can easily lead to overeating. Stop a binge before it starts by indulging every now and then.

