Right-Size Your Portions

For tips on how to right-size your portions where you live, learn, earn, play and pray, visit www.EatSmartMoveMoreNC.com
Right-Size Your Portions

How big are your portions? Eating large portions adds extra calories, and extra calories means more pounds on you! Most of us think we eat less than we do. Eat smaller portions of foods and drinks at a leisurely pace to fill you up, not out. So next time, remember to right-size your portions.

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