Smart Ways to RIGHT-SIZE Your Portions

There’s no need to give up your favorite foods to manage your weight or improve your health. The bigger problem is not WHAT we eat, but HOW MUCH we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time.

Listen to your body’s cues.
Prepare less food for meals.
Start with a small serving.
Use small dishes and glasses.
Slow down the pace of eating.
Eat half, wait 20 minutes.
Never eat out of the bag.
Think before you order.
Always go for the small size.
Share, share, share.
Eat half, take half home.
Eat regular meals and snacks.