

## 12 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 biggest nutrition problem in American 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. Here are a dozen quick and easy ways to eat less – and enjoy more taste and nutrition in every bite.

- 1. Listen to your body's cues:**  
Your internal signals of hunger and satisfaction can help you eat right, if you listen carefully and honor them.
- 2. Prepare less food for meals:**  
Large quantities of food make people eat more. If you want leftovers, put them out of sight – and out of mind.
- 3. Start with a small serving:**  
Small servings may be exactly what you want – and you can always have more if you are still hungry.
- 4. Use small dishes and glasses:**  
It really works: smaller plates and taller, thinner glasses make you think that you are getting more with less.
- 5. Slow down the pace of eating:**  
Eating slowly enhances enjoyment of food and beverages – and gives your brain time to register fullness.
- 6. Eat half, wait 20 minutes:**  
When you wait (and listen carefully to internal cues), you can be satisfied with smaller than usual portions.
- 7. Never eat out of the bag:**  
When you eat out of bags, boxes, or cartons, you usually eat more. Take a small portion; then put the bag away.
- 8. Think before you order:**  
Many restaurant meals are two to four times larger than you need. Make a plan before you order.
- 9. Always go for the small size:**  
At fast-food restaurants, order small or regular items (drinks, burgers, and fries) – or choose a kiddie-size meal.
- 10. Share, share, share:**  
Sharing restaurant meals is a great way to save money and calories too. Share appetizers, entrées, or desserts.
- 11. Eat half, take half home:**  
Ask your server to put half your meal into a to-go container in the kitchen or to bring a box to the table.
- 12. Eat regular meals and snacks:**  
When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

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