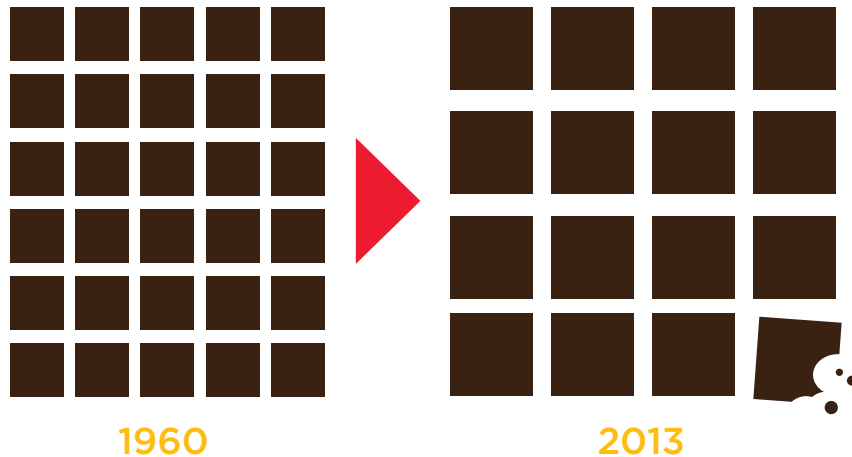


PORTION DISTORTION

Food and drink portions have increased dramatically since the 1980's. Even recipes list larger serving sizes than ever before. In a 1960's version of *The Joy of Cooking*, a brownie recipe served 30 - now the exact same recipe serves only 16!



The allure of a “better value” has sucked us into buying large quantities of huge portions on a regular basis. The effect on waistlines everywhere has been catastrophic. Most people encounter oversized portions every day.



Are you a member of the clean plate club? Although your parents may have encouraged you to finish all your food when you were younger, modern instances where this is healthy or necessary are few and far between. How much we eat is all too often dependent on how much we are served. The more on our plate, the more we eat - bigger portions can cause people to eat 30% to 50% more than they usually would.



PORTION CONTROL TIPS



Use smaller containers. Separate leftovers into single serving containers so you're less tempted to eat all the remains.

When cooking at home, make enough vegetables to fill at least half your plate. This will help control your grain and protein portions.

Have a small salad or a glass of water before your meal. It will curb your appetite and give you a sense of satiety.

Split an entrée. When eating out, ask a friend to share a single entrée or set aside half the plate to be packaged for leftovers.

Eat slowly and consciously. It takes time for the body's hunger signals to shut down after eating, so wait 20 minutes before going back for seconds.

Buy single serving snacks or portion into individual bags. You're more likely to overeat while snacking from large containers.

Keep seconds out of sight. Leave the food in the kitchen to avoid refill temptations.

Have smaller meals throughout the day. This will keep you satisfied and decrease the urge to eat large portions at traditional mealtimes.