

FitFUTURE

Strategies for
Better Living.

It's Not Just What You Eat... It's How Much!

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When it comes to how much to eat, let your stomach do the talking, rather than your eyes. The key to maintaining a healthy weight is to listen to your body's natural cues about hunger and fullness. Sometimes these signals can be confused by constant overeating or unhealthy dieting. For this reason, it is important to monitor portion sizes and make healthy food choices.

Follow these tips:

- ▶ **Eat your meals from smaller plates!** It makes your meal look larger. A serving of food on a dinner-size plate can appear tiny; on a lunch plate it looks substantial.
- ▶ **Avoid taking an entire package or a container to the couch.** You're less likely to overeat if you put a serving on a plate or in a bowl.
- ▶ **Try single-serving size foods to help your body learn what an appropriate portion size is.** Many snacks and beverages are available in single-serving portions. Of course, the key is to limit yourself to one!
- ▶ **Eat three well-balanced meals and a couple healthy snacks at regular times throughout the day.** Skipping meals and waiting too long between meals will result in overeating later on.
- ▶ **Eat more vegetables and fruit.** This can help control hunger and gives a sense of fullness.
- ▶ **Eat slowly and chew your food well.** Give yourself a chance to feel full before you eat more. If you want seconds, go for salad or steamed veggies.
- ▶ **Be aware that restaurant portions are often three or four times the right serving size.** Share meals, order an appetizer as a main dish, or bring the extra food home so you can eat it later.
- ▶ **Don't order the super large meal or the largest drink because they're only a few cents more.**

For more information about monitoring portion sizes:The U.S. Department of Health and Human Services, <http://hp2010.nhlbi.nih.gov/portion>