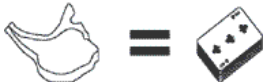

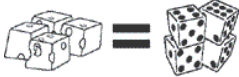
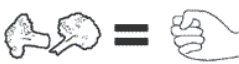



## Portion Sizes

Your body will tell you how much to eat when you pay attention. Before you start eating, notice how hungry you are, and pause to take in the visual treat. Notice any aromas. As you begin eating, pay full attention to flavor, texture, and temperature. Finish each bite before reaching for the next. Pay attention to eating. Get the full nourishment of the senses, beside the physical nourishment of the food. When you pay attention, you will notice a point of feeling satisfied, complete. At this point, you make a choice of whether you are ready to stop eating or if you wish to continue. Try these techniques, a little at a time, until they become familiar and comfortable.

While you are developing the internal clues for when to stop eating, here are some ways to help control portion sizes externally.

- Prepare less food for meals. Large quantities of food trigger greater intake.
- Use small dishes and glasses. Smaller plates and taller, thinner glasses make you think you are getting more. Large plates seem to require large portions.
- Keep serving dishes off the table.
- Slow down the pace of eating. Eating slowly lets you enjoy your and gives your brain time to register fullness.
- Pause part-way through the meal. Put down your utensils and listen carefully to internal cues. Ask yourself is you are still hungry.
- Pay attention. How much food seems to be satisfying for a few hours without making you feel too full? What foods or amounts leave you hungry again in an hour or two? Get a feel for what works for you.
- If taking seconds when you are not hungry is a problem, try putting the rest of the food away before you eat. Put leftovers in containers and in the refrigerator.
- Never eat out of the bag. When you eat out of bags, boxes, or cartons, you lose track of how much you are actually eating. Take a portion, and then put the bag away.
- Check labels for portion sizes and compare that to what you are eating.
- Try measuring and weighting just long enough to get a feel for what 3 oz of meat or ½ cup of pasta looks like.
- Eyeball it: get out a measuring cup or a food scale and measure some of your favorite foods and beverages. See how much a ½ cup or 3-ounce serving is. Here are some handy visuals:

|   |   |
|---|---|
|  | Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette                                |
|  | A medium apple or peach is about the size of a tennis ball.   |
|  | One ounce of cheese is about the size of four stacked dice.   |
|  | One cup of mashed potatoes or broccoli is about the size of your fist.  |
|  | One teaspoon of butter or peanut butter is about the size of the tip of your thumb. A tablespoon is about the size of your whole thumb. |
| Rounded handful   | Is about ½ cup of cooked rice, pasta or vegetables  |