



NUTRITION NEWS YOU CAN USE – STARTING TODAY!

LET'S TALK PORTION SIZE!

The portion you eat or drink may be larger than you think.



Keeping track of how much you eat and balancing out bigger amounts of food with smaller amounts, or more physical activity are just a few small ways to manage your portion sizes.



Are your eyes **BIGGER** than your stomach?
Or you can try these **FITCITY TIPS** – the choice is yours!

The smaller your plate, the smaller your portion.
Eat meals at home on a smaller plate. Before going back for seconds, **wait**, 10 or 15 minutes.
You might **not** want seconds after all!

DISH IT OUT! When you order fast food, picture the food on a plate. Even better, take it home and put it on a plate. If you're surprised at how full the plate looks, order smaller sizes next time.

Portion out your snack on a plate or bowl and **DO NOT** snack directly from the bag. This will help you stay aware of how much you're eating.

When dining out, order an appetizer instead of an entrée. If you order an entrée, eat half and take the leftover's home, refrigerate and enjoy another snack or meal tomorrow.

Buy or portion out snacks in a **small** bags or packages.

