9 TIPS FOR PORTION CONTROL
Wellness Tips

Innovative WORKPLACE WELLNESS

The prevalence of obesity has increased significantly over the years and many people struggle to control their weight. One factor contributing to this obesity problem is increased portion sizes. Sometimes, it can be hard to tell if the portions you're consuming or being served are appropriate for you. People tend to eat all of what is served to them. When larger portions are served, people eat more. This means that controlling portions and being aware of how to utilize portion control techniques can help prevent overindulging which can lead to weight gain.

WHY IS PORTION CONTROL SO DIFFICULT?

- Many people don't know what a healthy portion should look like.

- When going out to eat, people are offered extras like bread and chips and this adds extra calories but lacks nutrition.

- Most restaurants serve meals that are large enough for more than one person.

- The size of typical packaging has increased making people believe that larger is normal.
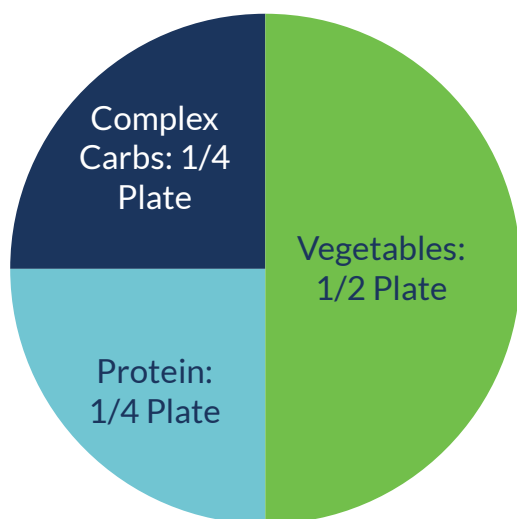
WORLDWIDE OBESITY HAS NEARLY TRIPLED SINCE 1975.

ADULTS CONSUME AN AVERAGE OF 300 MORE CALORIES PER DAY THAN THEY DID IN 1985.

Complex Carbs: 1/4 Plate

Vegetables: 1/2 Plate

Protein: 1/4 Plate

High-Fat Foods: 1/2 Tbsp

ABOUT 40% OF THE US POPULATION IS OBESE WHICH IS ABOUT 93.3 MILLION ADULTS.

TIPS TO CONSIDER

AT-HOME TIPS

1. **Use Your Hands as a Portion Guide**

   High-protein foods: A palm-sized serving for women and two palm-sized portions for men- such as meat, fish, poultry and beans.

   Vegetables and salads: A fist-sized portion for women and two fist-sized portions for men.

   High-carb foods: One cupped-hand portion for women and two for men- such as whole grains and starchy vegetables.

   High-fat foods: One thumb-sized portion for women and two for men- such as butter, oils and nuts.

2. **Use a Plate as a Portion Guide**

   Vegetables or salad: 1/2 Plate.

   High-quality protein: 1/4 Plate - this includes meat, poultry, fish, eggs, dairy, tofu, beans.

   Complex carbs: 1/4 Plate - such as whole grains and starchy vegetables.

   High-fat foods: 1/2 Tbsp (7 grams) - including cheese, oils and butter.

3. **Use Smaller Dinnerware**

   The size of your plate, bowl, or glass can influence how much you might eat in one sitting. For example, using a small plate can make food appear larger which will lead to less overeating. When a plate is larger, the food looks smaller and makes you think you should be eating more.

4. **Don't Eat Straight from the Container**

   Instead of eating a snack or a meal from the original package, place them in different bowls or containers in order to help you assess an appropriate portion.
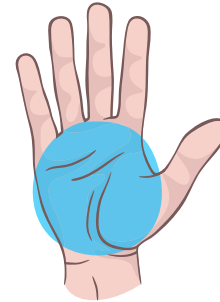
5. **Put Away the Leftovers**

   When serving a meal at home, serve the proper portions to each family member and no more. If there are leftovers after each meal is divided out, put the leftovers away so no one is tempted to have another serving. Save the leftovers for lunch the next day or even another dinner.

Protein

Vegetables

Fat

Carbs

DINING OUT TIPS

1. **Ask for Half of the Normal Serving When Dining Out**

   Restaurants are known for serving larger than normal portions. When you're eating out, ask for half of the meal to be packaged in a to-go container before it's served.

2. **Share Your Meal**

   Sharing a meal with someone will allow both of you to consume a normal portion without having to worry about asking the restaurant to make accommodations. Having someone to support you in this portion control venture as well can be extremely helpful.

3. **Make Substitutions**

   Instead of ordering french fries as your side dish, ask for vegetables or a side salad. If you are having a salad, ask for the dressing on the side as restaurants tend to add a large amount of dressing to their salads.

4. **Drink Water Before Eating**

   Before eating a meal, drink a big glass of water. This will help you to feel full and decrease your desire to overeat. You can also add lemon, mint, or cucumber to your water to make it more exciting and tastier.

#ibpwellnesstips
Healthier Together