

4 WAYS TO GET YOUR FOOD PORTIONS UNDER CONTROL

1. Figure out why you are overeating

Are you overeating because you are stressed? Are you not getting enough sleep? Is it because you are already obese? Is it just a habit and would seem weird not to fill your plate up? Remember, only eat when you are hungry.

2. Choose foods that are healthy.

Your stomach might need to shrink from being over-expanded, so you will want to eat more. Eat more vegetables. Find snacks that can substitute what you are craving until the craving is over. You can't binge on salad and asparagus.

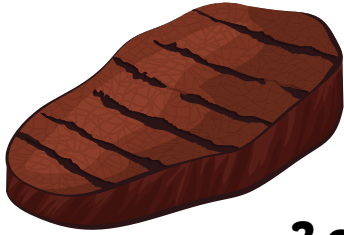
3. Make your portions smaller.

Use a smaller plate. Weigh your food if needed. Fix your plate like you usually do and then remove half of the food.

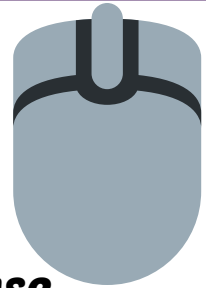
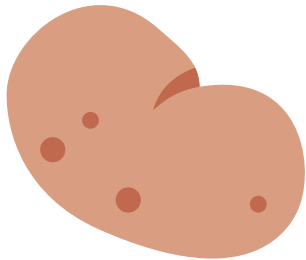
4. After you eat, WAIT!

It takes 20 minutes for your stomach to tell your brain that you are full. Eat slower. Take smaller bites. Drink more water. Go for a walk or find something to keep you busy.

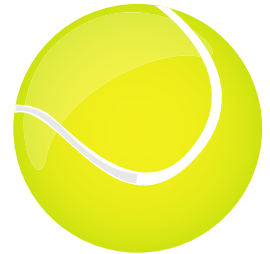
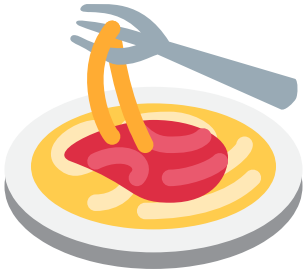
Recommended Portion Control



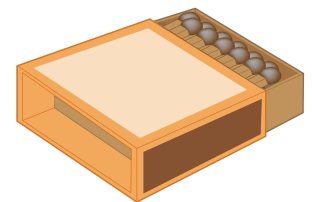
3 ounces of meat equals a deck of cards



1 potato equals the size of a computer mouse



1/2 cup of pasta equals the size of a tennis ball


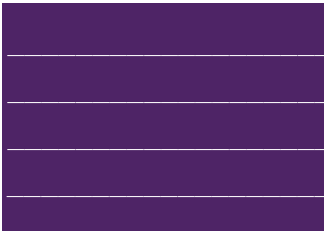
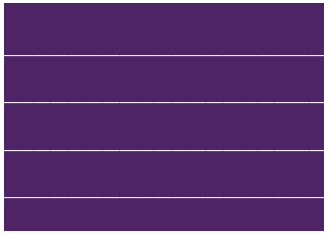
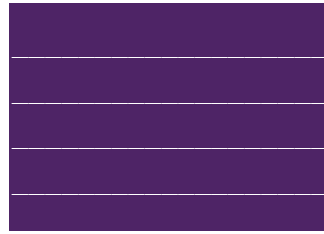
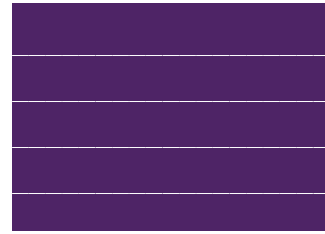
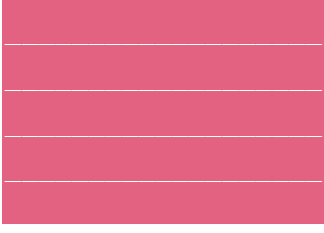
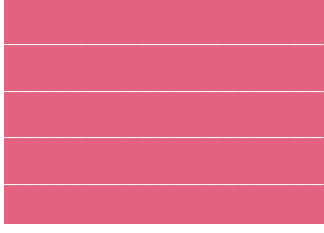
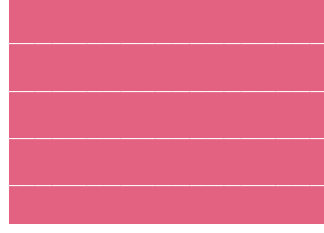
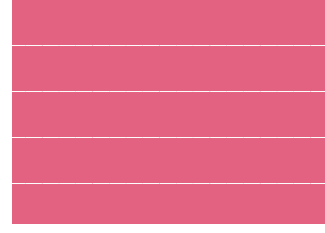
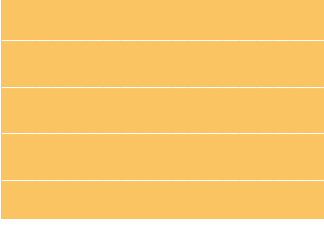
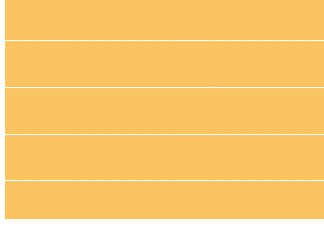
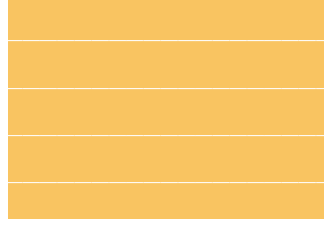
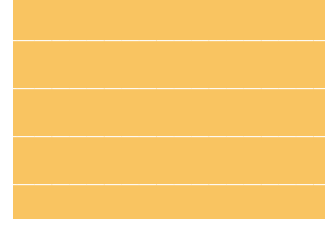
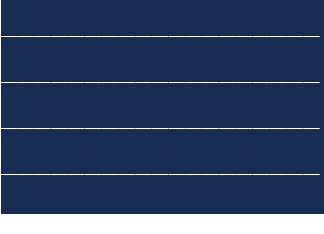
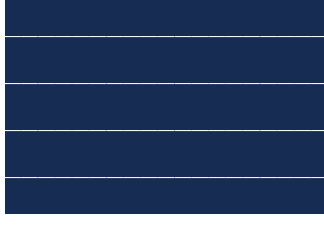
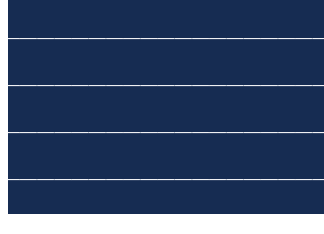
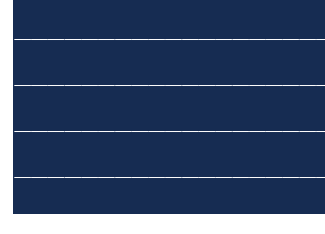
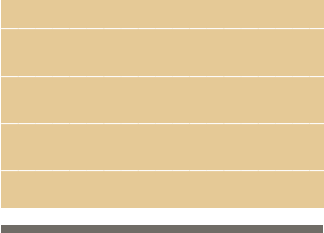
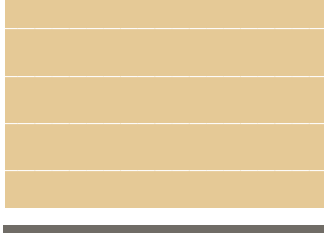
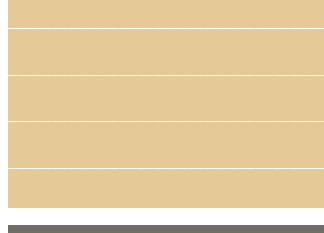
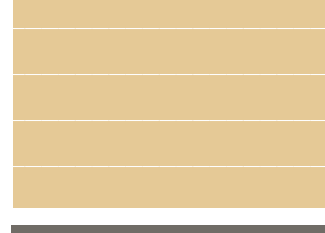
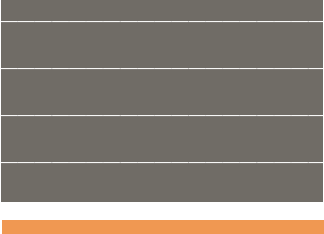
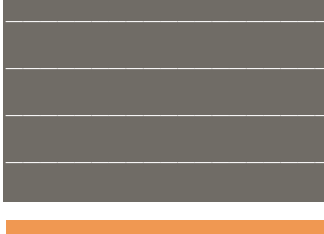
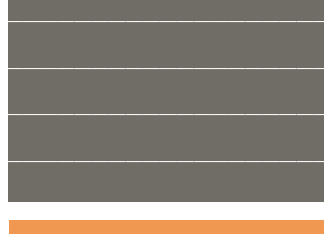
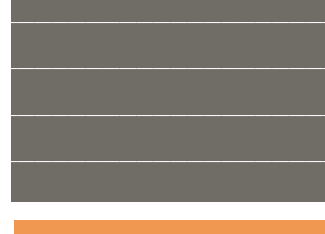


1-1/2 ounce of cheese equals the size of a match box



1-1/2 ounce of salad dressing equals the size of a shot glass

Weekly Food Journal

	BREAKFAST	LUNCH	SNACKS	DINNER 
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY	