

TIPS FOR PORTION CONTROL

Healthy nutrition includes selecting the right foods to fuel our bodies as well as eating them in the right amounts. Portion control is key to success and the following strategies (from www.healthline.com) may help!

Use Smaller Dinnerware -

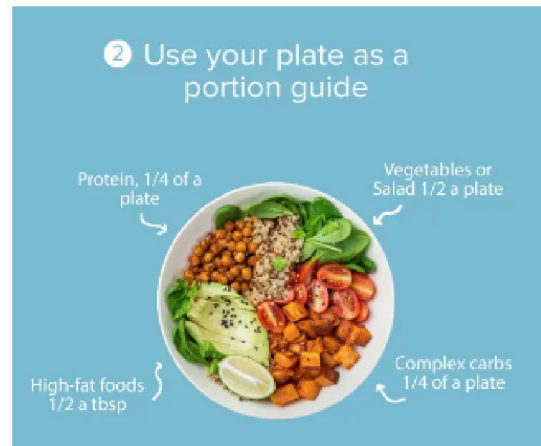
swapping your usual plate, bowl or serving spoon for a smaller alternative can reduce the helping of food and prevent overeating

Use Your Plate as a Portion Guide -

if measuring your food isn't appealing, use your plate. Remember that the amount of each food group depends on your caloric needs and activity level

Use Your Hands as a Serving Guide -

Another way to gauge appropriate portion size without any measuring tools is by simply using your hands.



A rough guide for each meal is:

- 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

Ask for a Half Portion When Eating Out

You can also box up half as soon as the meal arrives

Start All Meals With a Glass of Water -

Drinking a glass of water up to 30 minutes before a meal will naturally aid portion control

Heather Scott Online, LLC

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Take It Slowly

Sit down to meals with no other distractions (i.e. don't eat at the TV)

Take the time to enjoy the meal, noticing the flavors

Slowing down when we eat allows our brains to catch up to our stomachs so we are less likely to overeat

Don't Eat Straight From the Container

Studies suggest people tend to eat more out of large packages than small ones — regardless of food taste or quality

Bag your snacks into smaller containers or purchase individual quantities

Be Aware of Suitable Serving Size

Get to know your food labels

Pay attention to recommended serving sizes

Use a Food Diary

This often shows us where our food challenges are and encourages awareness so we can moderate where needed, or increase where needed



Notes

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