

Smart Ways to RIGHT-SIZE Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The bigger problem is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time.

- Listen to your body's cues.**
- Prepare less food for meals.**
- Start with a small serving.**
- Use small dishes and glasses.**
- Slow down the pace of eating.**
- Eat half, wait 20 minutes.**
- Never eat out of the bag.**
- Think before you order.**
- Always go for the small size.**
- Share, share, share.**
- Eat half, take half home.**
- Eat regular meals and snacks.**