

# Beware of Oversized Servings

You don't have to accept the massive portions that are offered to you by fast food restaurants and food manufacturers. Instead, you can make your portions realistic by measuring and re-portioning them.

How exactly? Let's look at some examples.

## Make a Healthful Plate

- Fill half your plate with veggies.
- French fries are okay in moderation and accompanied by a large salad.
- Sharing this meal is a real value because you feed two people for the price of one meal.
- Plus, the calories go from 1250 to 550.

Of course, you don't *have* to split your meal. If you're dining alone or just don't feel like sharing, replace that value meal with a small burger and side salad.



## One Cup = Eight Ounces

People often overlook drinks when it comes to successfully managing portions. If you want to have a beverage with added sugars, be sure to measure a single serving into a glass for yourself. You'll be surprised at how big your drink

really is! You can also order water or diet soda/tea and skip the added calories entirely.

## Be Smart with Snacks!



If you want to practice good portion control, it is wise to pre-measure a 1-ounce serving onto a plate instead of snacking mindlessly out of the bag. The bag above doesn't look so big, but when you pour it on the plate, you can see that it easily tops three servings. Mimic the photo at the bottom of the page and measure out a single serving for a snack instead, which is about one handful.

Remember, fruits and vegetables are healthful snacks that are dense in nutrients and rich in fiber. Choose them as a default whenever you can.

