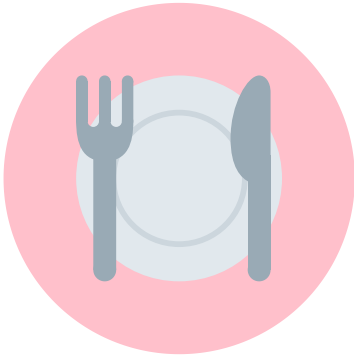
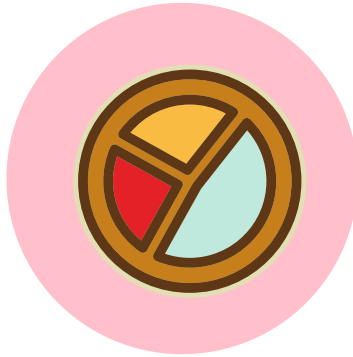


CONTROL YOUR PORTIONS



USE SMALLER DISHES

Eating off of larger plates can make food appear smaller, which can lead to overeating. Try using smaller dishes and glasses to lower the amount of food and drink you consume.



WATCH YOUR PLATE

- Vegetables or salad: Half a plate
- Protein: Quarter of a plate
- Complex carbs: Quarter of a plate
- High-fat foods: Half a tablespoon



DRINK WATER

Drinking one to three glasses of water before you eat will make you feel less hungry when meal time comes.



USE YOUR HANDS

- Protein: 1 palm-sized portion for women, 2 for men
- Veggies: 1 fist-sized portion for women, 2 for men
- Carbs: 1 cupped-hand portion for women, 2 for men
- Fat: 1 thumb-sized portion for women, 2 for men



EAT SLOWLY

Your brain can take up to 20 minutes to register that you're full from eating. Slow down when consuming your meal. Take smaller bites and chew every mouthful at least five or six times before swallowing.



USE A FOOD DIARY

Writing down everything you eat and drink can increase your self-awareness of the types and amount of foods you're eating. Taking a step back to look at what you've consumed may motivate you to make healthier choices.