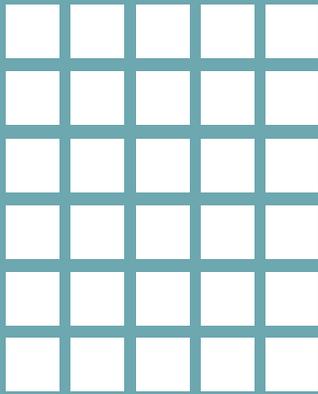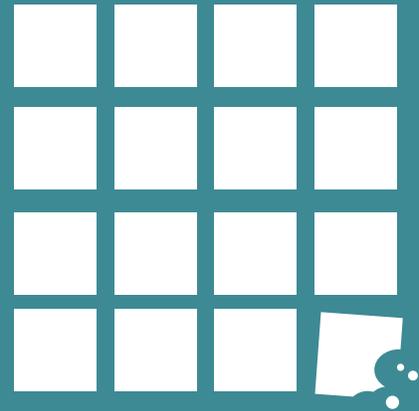# PORTION DISTORTION

Food and drink portions have increased dramatically since the 1980's. Even recipes list larger serving sizes than ever before. In a 1960's version of The Joy of Cooking, a brownie recipe served 30 – now the exact same recipe serves only 16!
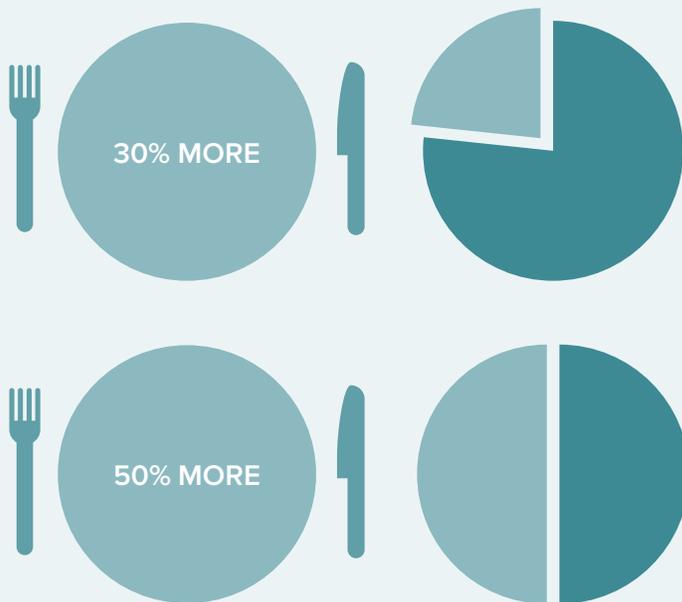
1960

2013

The allure of a "better value" has sucked us into buying large quantities of huge portions on a regular basis. The effect on waistlines everywhere has been catastrophic. Most people encounter oversized portions every day.

30% MORE

50% MORE

Are you a member of the clean plates club? Although your parents may have encouraged you to finish all your food when you were younger, this is rarely healthy. How much we eat is too often dependent on how much we're served. The more on our plate, the more we eat – bigger portions can cause people to eat 30% to 50% more than they usually would.

PORTION CONTROL TIPS

- Use smaller containers. Separate leftovers into single serving containers so you're less tempted to eat a whole big container.

- When cooking at home, make enough vegetables to fill at least half your plate. This will help control your grain and protein portions.

- Have a small salad or a glass of water before your meal. It will curb your appetite and give you a sense of satiety.

- Split an entrée. When eating out, ask a friend to share a single entrée or set aside half the plate to be packaged to-go.

- Eat slowly and consciously. It takes time for the body's hunger signals to shut down after eating, so wait 20 minutes before going back for seconds.

- Buy single serving snacks or portion food into individual bags. You're less likely to overeat when you decide how much you're going to eat before starting.

- Keep seconds out of sight. Leave food in the kitchen or package leftovers right away to avoid refill temptations.

- Have smaller meals throughout the day. This will keep you satisfied and decrease the urge to eat large portions at traditional mealtimes.

For more information, visit: http://geti.in/16AcvU0