

# New Ways to Control Portions



## Tip #1: Get It Out of the House!

You've probably heard the portion control advice to keep tempting and oversized foods out of the house by not buying them in the first place. No temptation, no problem! Great idea, right?

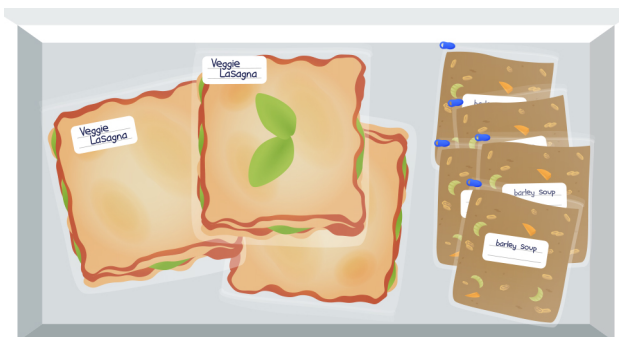
But what about when you whip up a tray of brownies?

Here's what you can do. Slice it up, put most of the squares on a plate, and give them away! Keep a few for yourself, pre-sliced into reasonable portions.

## Tip #2: Make Friends with the Freezer.

When you have leftovers, freeze them in individual portions.

Not only is this more convenient, but it's also a way to control your portions without having to make a fresh decision every time.

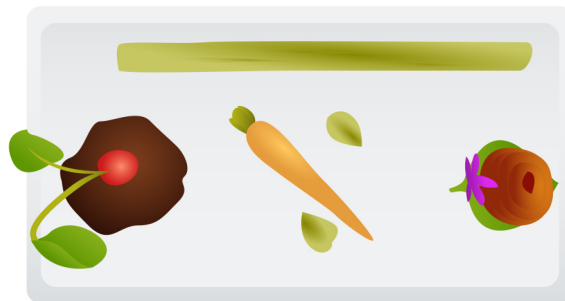


## Tip #3: Embrace White Space.

Downsizing your dishes when you serve yourself is a great way to fill your plate and not feel full.

But if getting all-new plates and bowls isn't in the cards for you, you can also embrace white space.

Just think about the ways that meals are presented in fancy restaurants. There's often lots of white on the plate, but that space doesn't scream deprivation. It is all about class and elegance.



Why not bring that to your meals too?

So there you have it! Three new ways to improve your portion control game. And don't forget about these tried-and-true classics!

- When you're dining in a restaurant, **share your meal with a friend.**
- **Pre-measure snacks** and portion them in individual baggies so that you can simply grab and go.
- **Research the menu online** before you dine out and choose options that are served in reasonable portions.

*By Judy Doherty, PC II*