


## December challenge: Portion Control

**Portion control** is understanding how much a serving size of food is and how many calories or how much food energy a serving contains. Portion control is important for body weight management as the weight is defined by the total calorie intake. Portion control is eating a healthy balance of amount and types, of varied foods.

**The Challenge:** Adopt six of the below as habits for the month of December (practice each for a minimum of two weeks).

### **Divide your plate.**

Try the "healthy plate" rule: fill 1/2 your plate with vegetables, 1/4 with a lean protein, and 1/4 with whole grains or starchy vegetables. The USDA's Choose MyPlate  can also help you pick the foods and amounts that are right for you.

### **Downsize your dishes.**

The bigger the dish, the more we eat. Serve yourself from smaller bowls and plates.

### **Read food labels.**

Most packages contain more than one serving of food, even if it looks like a single-serving package. Read food labels.

### **Go from package to plate.**

It can be hard to tell how much you've eaten when food goes straight from the package to your mouth. Put your food on a plate to help monitor portions.

### **Healthy food isn't all-you-can-eat.**

When food seems healthier, it may seem okay to eat more of it. But these calories can add up. Stick to the serving size listed on the packages.

### **Serve from the kitchen.**

Don't put serving dishes on the dinner table. When you have to get up from the table, you'll be less likely to serve yourself seconds — or thirds.

### **Skip seconds.**

A second helping can add 300 to 600 calories to your meal. If you always go back for more, cutting that extra serving means losing 3 to 4 pounds in just 1 month.

### **Wait 20 minutes.**

It takes about 20 minutes after you start eating for your stomach to signal your brain that you're full. If you think you're still hungry, take a break for 20 minutes, then ask yourself if you really want more.

**Source:** Kaiser Permanente

**If you have met the above challenge** and adopted six of the above portion control tips as habits for the month of December, please complete below and turn in to your Eat Well, Work Well site coordinator by the last working day of this month.

I (print name) \_\_\_\_\_ attest that I adopted six of the above portion control tips as habits for the month of December.

Signature: \_\_\_\_\_