



TIPS FOR EATING SMALLER AMOUNTS

If the scale is going up, it may not be what you are eating but how much you are eating! If you haven't noticed, over the past 20 years, portion sizes have become larger . . . even super-sized! Most individuals in this country are now consuming almost 150 more calories a day which can equate to an additional 15 pounds over the course of a year! With that in mind, here are a few tips from the National Institutes of Health and the American Cancer Society that won't weigh you down:



When eating out . . .

1. Order a regular hamburger (single patty) and add lettuce and tomatoes. Choosing that smaller burger can save you about 150 calories, if not more!
2. Order the "small" soft drink. Again, a small soda has 150 calories less than a large one . . . and we won't even talk about a "big gulp"!
3. Share an entrée with a friend. You'll only eat half as much!
4. Order JUST an appetizer. Appetizers are often much smaller than the entrees.
5. Ask for that "to go" box when your meal is brought to you and immediately put half of it in the box for the next day's lunch.

If eating at home . . .

1. Don't eat out of the bag. Put a few chips or pretzels in a bowl.
2. Go single. Instead of buying snack foods in bulk, buy single servings of it instead. This might prevent you (in a moment of weakness) from eating the whole bag or box!
3. Don't give up, take half off! When using butter, sour cream, mayo and cheese, use only half the amount you usually do or check out some of the lower-fat versions of these items.

If you're still hungry after you've cut back on portions . . . fill up on fruits and veggies. They will help you feel full and save on calories at the same time!



The Medical
Center of Plano