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Beginner lessons for Portion Control

Master Portion Control for a Healthier You!

DEFINITION

> Portion control is the practice of managing the amount of food you eat at one time. It helps maintain a balanced diet and prevents overeating.

KEY CONCEPTS

Serving Size

The recommended amount of food for one person, often found on nutrition labels.

Plate Method

A visual guideline where half your plate is vegetables, a quarter is protein, and a quarter is grains.

Mindful Eating

Focusing on your food and eating slowly to recognize fullness cues.

Measuring Tools

Using cups, spoons, or a food scale to accurately measure portions.

Food Journal

Keeping a record of what you eat to track portion sizes and habits.

EXAMPLES

→ Use a smaller plate to help control portion sizes.

→ Fill half your plate with vegetables at dinner.

→ Measure out snacks instead of eating directly from the package.

MEMORY TIPS

★ Remember 'half, quarter, quarter' for the plate method.

★ Use the acronym 'M.E.A.L.' to recall: Measure, Eat slowly, Assess fullness, Limit distractions.

★ Visualize a fist-sized portion for carbs and protein.

COMMON MISTAKES

✗ Not measuring food and relying on estimates.

✗ Eating straight from the package instead of portioning out snacks.

✗ Ignoring hunger cues and eating out of habit.

QUICK RECAP

Portion control is essential for healthy eating and preventing overeating. Use tools like the plate method and measuring devices to manage your food intake effectively.