

PORTION CONTROL

Portion control is no magic diet.

It simply means being watchful of the portions of the food that you eat, rather than counting the calories in the food.

It is important to look at the quantity and quality of food (nutrient wise) in order to maintain optimal health.

Portion control is difficult, yet the easiest way to lose weight, keep it off and moreover, it's a lifestyle change, something that can change this whole obesity epidemic.

This may be the solution to eating your favourite food, by controlling the portions and thereby being fair to your bodies.

Once you get into the habit of controlling your portions and knowing how much your body really needs, you then begin to automatically apply the same when you eat out.

Portion control simply happens when you start eating your food mindfully.

The first step in successful portion control is learning the correct serving size. The serving size can usually be found by reading nutritional labels.

The portion is the amount of food or drink a person chooses to consume.

Ways To Keep Your Portions A Healthy Size:

- **Measure Accurately:** For foods and beverages, use gadgets like a measuring cup, tablespoon, teaspoon, or food scale.
- **Learn How To Estimate Serving Sizes:** “‘Ballpark’ food portion sizes by estimating serving sizes in comparison to known objects. E.g. 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards.
- **Use Portion Control Dishware:** Pick out smaller plates, bowls, cups, and glassware in your kitchen and measure what they hold. You might find that a bowl you thought held 8 ounces of soup actually holds 16, meaning you've been eating twice what you planned.
- **Dish Out Your Servings Separately:** Serve food from the stove onto plates rather than family-style at the table, which encourages second servings. Serve one or two tbsps lesser than what you usually would.
- **Measure Oil Carefully:** Don't pour it directly into your cooking pan or over food. Use spoons to measure it to understand the amount consumed.
- **Control Portions When Eating Out:** Keep yourself full with fiber. Have a mug of vegetable soup/juice prior to eating a meal, or add vegetables to casseroles and sandwiches to add volume and to stay full.

- ***Listen To Your Hunger Cues:*** Eat when hungry and stop when satisfied or comfortably full. Try to stop when you are 80 percent full.

Your hand is the best tool to understand the portions and keep them under control.