

Newsletter

Volume 7



WORKSITE WELLNESS TURKEY PROGRAM

Smart Moves

Portion Control



Over the past twenty years portions in sit-down and fast food restaurants have gotten larger. Many people now are beginning to serve equally large portions at home due to portion distortion.

Larger portions contain more calories and more calories over time lead to weight gain. An extra 100 calories per day leads to a ten pound weight gain in just one year.

Be mindful of how much you are eating. Weigh and measure your food until you can accurately judge appropriate portion sizes. Use smaller plates and glasses. When eating out, share an entrée or immediately ask for a take-out box. Portion out one serving and put the rest in the box. You may have enough left over for up to three additional meals!



TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate success
- III. Newsletter Volume 7
- IV. Discuss portion control
- V. Dance
- VI. Next week - increasing fruits and vegetables

Learn to right-size your portions - you will eat fewer calories and maintain a healthier weight.

Fill up, not out!

For more ideas on right sizing your portions visit
www.MyEatSmartMoveMore.com.