



## No More for Me!

Sometimes it is not **WHAT** we eat that adds calories, but **HOW MUCH** we eat. A good rule is to pass up seconds if weight control is a problem. Try not to leave food on the table during meals so second helpings are easy. You might even put the food in the refrigerator before sitting to enjoy your meal.

Occasionally, we know we will eat too much. Try to balance high- and low-fat food selections during holidays, at celebrations, and at social occasions. Get interested in other activities before starting to eat: talk to people, play with children, go for a short walk. Take the time to think about food before you eat it.

Sometimes using smaller plates will help keep portions in line. Ask for half servings at restaurants, or the "lunch size" rather than the "dinner size." You don't need to cut out, just cut down!

Try to learn what portion sizes are. Measure out the serving size listed on the cereal box. Is that how much you normally eat? Six ounces of juice is a serving. Do you know what that looks like? Three ounces of meat is about the size of a deck of cards—make a comparison.

If you're eating all the right foods and still have difficulty controlling your weight, check your portions and say "No more for me!"

This publication is not intended to replace consultation with health-care professionals. Karen Chapman, RD, PhD, Nutrition Specialist.

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NW-307-8-93

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