

Beware Portion Distortion!

5 Steps To Keep Portion Sizes Under Control

What is Portion Distortion?

Portions at restaurants and packaged foods have increased over the past 20 years. Because of this, we are used to bigger portions and consider them normal. A portion is how much we want to eat, but a serving is a measured amount.

Would you rather have a meal off the plate on the right or left?

The Portion Size Illusion

Which plate contains the most food?



Think about it before looking at the answer below

There is exactly the same amount of food on each plate

1. Read food labels to learn about:
 - Serving size
 - Servings per container
2. Share a meal with a friend
 - Portions at restaurants are often several servings and can be fun to share!
3. Eat half or less than a serving
 - Sometimes a full serving might be high in calories. Try eating a half serving and you will be able to enjoy any food.
4. Use a smaller plate
 - It makes you portions look bigger!
5. Slow down and skip seconds
 - It takes time for your body to realize it is full. Give it time and you won't want a second portion.

For more information and interactive fun visit <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/distortion.htm>