

Portion Control

Prevent over-eating and promote a balanced diet by practicing portion control. Our bodies need a variety of foods with some foods being needed more than others. Use the diagram below as a guide to how your plate should look at each meal.

Our bodies need fresh fruits and veggies most, so fill your plate with those first. Divide remaining space between lean meats, poultry or fish with whole grains. Another simple way to control portion sizes is by eating off smaller plates; by decreasing the amount of space, you are automatically decreasing your portion-sizes, hassle-free!

Portioning Tips:

- Fill $\frac{1}{2}$ of your plate with fruits/veggies
- Fill $\frac{1}{4}$ of your plate with whole grains, like brown rice or whole-wheat pasta
- Fill $\frac{1}{4}$ of your plate with a protein, like a lean meat or fish

