



Step 04 Caution with your portions

Are you eating more than you think?

Increasing portion sizes lead to us eating more kilojoules than we realise. This promotes weight gain.

Tips to help portion control

- ✓ Use smaller plates and bowls
- ✓ Use the HEALTHY PLATE model as your guide for lunch and evening meals
 - Start by filling half your plate with vegetables/salad
 - Follow with protein foods and lastly starchy foods



Use your hand as a guide to portion size



A standard portion of cooked rice, pasta, potato, kumara or taro is around the size of your fist



A portion of meat, chicken or fish is what fits into your palm. It is around 1 cm thick and 120 - 150g raw weight



Fill half your plate with vegetables/salad



Portion control ideas

✓ **Serve your meal then put leftovers out of sight**

The more visible and available the food, the more you are likely to eat

✓ **Drink water with your meal.**

This helps to slow your eating down and fill you up

✓ **Be aware of large packets and "value" packs**

The larger the packet, the more you will eat without realising it. To reduce this

- Divide contents of one large packet into smaller containers
- Don't eat straight from the packet. Instead, serve food in a small bowl or container
- Buy a smaller pack!

✓ **Resist the call to upsize**

While it may seem good value it will not help your weight

✓ **When offered cake, slices or other sweets**

Cut into small pieces and share with others. Alternatively put some away for another time

If you have a muffin, make it a mini-muffin. *Remember muffins should be occasionally only.*



Remember, when "just having a muffin" you could be having 2 standard muffins or 6 mini muffins

Check out www.appetiteforlife.org.nz for some healthier muffin recipes.

My goals to help control my food portions: