

Practice Portion Control



Increased food consumption is a major concern of the standard North American Diet. Portion sizes have escalated in size in the last decade.

- Larger portions distort your perception of what a “normal” meal should look like
- This causes increased caloric intake and food consumption, which results in weight gain
- It is not just food portions that have increased...plate, bowl, and cup sizes have a well!

Research has shown that people will simply eat more when there is food on their plate, regardless of their fullness. Help yourself to eat less by using a smaller plate, and/or cutting down on the serving sizes you dish out.

It can also be helpful to split up your usual amount of food for the day into smaller more frequent meals, aiming to eat every 2-4 hours. Eating often is great for keeping your metabolism high and your hunger signals low throughout the day.