

Tips to avoid portion distortion

If you've been breaking the feed limit, these tips will help you eat just enough for your needs.

- Resist being upsized or purchasing 'value meals' at fast food outlets.
- Check out the children's menu first. Portion sizes here may be more appropriate.
- Ask for the smallest portion on offer. This may be a medium size, as it's become harder to find small sizes.
- Order entrée sizes at restaurants and split desserts with a friend.
- Ask for a doggie bag when you order your meal, so you are prepared to take some home.
- Share your sandwich or roll from takeaway bars. These are often built for two.
- Read nutrition information panels and consider the number of servings in a package. A serving is not necessarily the whole container.
- Buy meals-for-one rather than 'family value' packs.
- Conduct a portion patrol in your kitchen to identify oversized servings.
- Downsize dinner plates at home. Serve meals on entrée or salad plates.
- Eat more slowly and savour food. It takes 10 to 20 minutes for your brain to get signals from your stomach that you are full.
- Put left-overs in the fridge before you sit down to eat.
- Store foods in individual portion sizes, rather than bulk containers.

