

How can I manage food portions at home?

You don't need to measure and count everything you eat or drink for the rest of your life. You may only want to do this long enough to learn typical serving and portion sizes. Try these ideas to help manage portions at home:

- Take one serving according to the food label and eat it off a plate instead of straight out of the box or bag.
- Avoid eating in front of the TV, while driving or walking, or while you are busy with other activities.
- Focus on what you are eating, chew your food well, and fully enjoy the smell and taste of your food.
- Eat slowly so your brain can get the message that your stomach is full, which may take at least 15 minutes.
- Use smaller dishes, bowls, and glasses so that you eat and drink less.
- Eat fewer high-fat, high-calorie foods, such as desserts, chips, sauces, and prepackaged snacks.
- Freeze food you won't serve or eat right away, if you make too much. That way, you won't be tempted to finish the whole batch. If you freeze leftovers in single- or family-sized servings, you'll have ready-made meals for another day.
- Eat meals at regular times. Leaving hours between meals or skipping meals altogether may cause you to overeat later in the day.
- Buy snacks, such as fruit or single-serving, prepackaged foods, that are lower in calories. If you buy bigger bags or boxes of snacks, divide the items into single-serve packages right away so you aren't tempted to overeat.



How can I manage portions when eating out?

Although it may be easier to manage your portions when you cook and eat at home, most people eat out from time to time—and some people eat out often. Try these tips to keep your food portions in check when you are away from home:

- Share a meal with a friend, or take half of it home.
- Avoid all-you-can-eat buffets.
- Order one or two healthy appetizers or side dishes instead of a whole meal. Options include steamed or grilled—instead of fried—seafood or chicken, a salad with dressing on the side, or roasted vegetables.
- Ask to have the bread basket or chips removed from the table.
- If you have a choice, pick the small-sized—rather than large-sized—drink, salad, or frozen yogurt.
- Stop eating and drinking when you're full. Put down your fork and glass, and focus on enjoying the setting and your company for the rest of the meal.

How can I manage portions and eat well when money is tight?

Eating healthier doesn't have to cost a lot of money. For instance:

- Buy fresh fruit and vegetables when they are in season [External link](#). Check out a local farmers market for fresh, local produce if there is one in your community. Be sure to compare prices, as produce at some farmers markets cost more than the grocery store. Buy only as much as you will use to avoid having to throw away spoiled food.
- Match portion sizes to serving sizes. To get the most from the money you spend on packaged foods, try eating no more than the serving sizes listed on food labels. Eating no more than a serving size may also help you better manage your fat, sugar, salt, and calories.

Information on this topic was gotten from National Institute for Health:

<https://www.niddk.nih.gov/health-information/weight-management/just-enough-food-portions#athome>