



Take Care of YOU

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Perfecting Portion Control Plate by Plate

Eating is a natural instinct driven by hunger, a sensation triggered when the stomach is empty and blood sugar levels drop. Generally speaking, many of us are accustomed to larger portion sizes than what is necessary for satiating our hunger. When overeating becomes a habit, it can contribute to unwanted weight gain and pose potential health concerns. So the big question is—*how much food is enough?* There are simple, practical steps we can take to effectively measure and control portion sizes, both at home and on the go.

We have a tendency to consume everything that we are served, but adopting practices like using smaller dishes and dividing a plate into sections can naturally reduce the amount we consume. Consistently using measuring equipment can increase our awareness of portion sizes and improve our estimation of nutritional content such as calories and carbohydrates. We can encourage feelings of fullness by drinking a full glass of water before each meal. (Staying hydrated also helps us distinguish between hunger and thirst.) To plan for more mindful mealtimes, choose to sit down without any distractions, eat slowly, and chew each bite completely. Re-portion snacks into individual servings rather than eating directly from their original, larger packages. Be cautious of restaurant portions, which are often twice the size of regular servings; mitigate overeating by requesting half portions, opting for starters instead of main dishes, or setting aside half of the serving in a to-go container at the beginning of the meal. Lastly, keeping a record of your food intake will keep you informed of your dietary habits, providing motivation for healthier choices and reducing the risk of overeating.

These simple adjustments have proven effective in reducing portion sizes without compromising on taste or satisfaction. Mindful meal planning with a focus on portion control, and preparing meals in quantities that satiate hunger without exceeding limits can help maintain a balanced diet. Ultimately, practicing portion control offers a quick fix that enhances overall quality of life and may prevent overindulgence.

Source: www.healthline.com/nutrition/portion-control

Healthy, Hearty, Perfect-for-Winter Soup & Stew Recipes



[Chicken Tikka Masala Soup](#)



[One Pot Turkey Vegetable Soup](#)



[Slow-Cooker Kale and Sausage Stew](#)



[Southeast Asian-Inspired Salmon Soup](#)



[Everyone's Favorite Taco Soup](#)



[White Bean Soup with Pasta](#)

Source: www.eatingwell.com