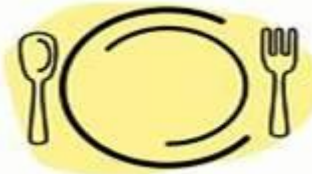




## POrt<sub>io</sub>n DiStortion



Everywhere you eat these days, food portions are bigger than they used to be. In many cases, they are a lot bigger – like double what they were just a few years ago. Fast food meals, quick serve, upscale restaurants, supermarkets and even cookbooks are all serving larger portions and contribute to the expanding waistlines of Americans. Even look at popular food chains. A year ago a 16 oz coke was \$1, now you are offered a 42 oz coke for a dollar. (FYI a 16oz coke has about 16 teaspoons of sugar while a 42 oz coke has about 45 teaspoons of sugar.) There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat, but **HOW MUCH** we eat. Experts agree that rightsizing your food portions is one of the easiest ways to reach and maintain a healthy weight at any age.

Below are some ways to control your intake with correct portions.

- **Just say no:** Fast food “value” meals may sound like a good deal, but they serve up more calories, fat and sugar than you need. So, say “no thanks” to the combo offers.
- **Swap super-size for smart size:** Order a regular burger, fries and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal.
- **Share a “biggie” size item:** There is a smart way to make mega-portions work for your health (and wallet) – share! Split an order of fries to cut calories and save money.
- **Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- **Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in fancier restaurants.
- **Savor an entrée twice as much:** Eat half your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- **Share a dessert:** Any menu item can be shared – entrées, salads, sandwiches – and, best of all, desserts. With a shared sweet, you can eat your cake and eat healthy too.
- **Switch to power beverages:** A simple switch to low-fat milk or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- **Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads and bottled water.

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