

bite-sized

# Your guide to eating well

Portion sizes have gotten larger over the years, and restaurants often put more food on the plate than we really need. The question is, when do you put down your fork and step away from the table?

## It's all about servings vs. portions

A **"SERVING"** is the amount of a food that health experts recommend as being enough to eat at one time. When it comes to bagels, **the ideal serving size for a bagel is a 2½ inches.**



A **"PORTION"** is the amount of a food that you choose to eat at one time. **If you eat a typical 4½ inch bagel for your breakfast, your portion is larger than what is recommended.**

You can find the serving size on the "nutrition label" of most food packages. If your portions are often bigger than the recommended serving size, you're not alone.

## Are you ready to make a healthy change?

See other side for helpful tips on portion control.

# Quick guide to portion control

## At a restaurant



- Split your entrée with a friend, or
- Ask for a “to-go” box and wrap up half your meal when it arrives

## Around the house



- Serve the food on plates, rather than putting serving dishes on the table
- If hungry between meals, eat a healthy snack like a piece of fruit or small salad. This will help you avoid overeating at your next meal
- Replace the candy dish with a fruit bowl