

# Discovering Smart Servings

## Fit & Fun Families

### Avoid Portion Distortion

Discover smart servings. How much is too much when it comes to food? We are all bombarded by the “Super-Sized” meals of today’s eating establishments. They seem like a good value. But they are hardly a value to our waists and our good health. To many people, a “serving” is the amount of food dished up on their plate. Research has shown that regardless of appetite, people eat more when served larger portions.

## Why?

- Increased portion sizes promote excessive intake at meals.
- Adults and kids respond to larger portion size by eating more.
- We overeat because we eat super-sized portions.
- We overeat because we are too busy doing other things like watching TV or working on the computer.
- We overeat because we are bored or we are stressed.

## How?

- Create small goals to eat appropriate servings at every meal.
- Use the action ideas for work and home to make small changes.
- Track your progress and goals. Write a list of the foods most often eaten. See if you can guess and then measure the correct serving size.
- Celebrate your healthy changes and share your good ideas with others.

### Tip

- Imagine that your plate is a wheel.
- When filling your plate more than half to 3/4 of the wheel should be colorful and filled with servings of fruit and vegetables.
- Fill the rest of the plate with other variety of choices.

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