Distractions Influence How Much We Eat

In addition to larger portion sizes, we face many distractions that can increase the amount we eat. These distractions prevent us from realizing if we are hungry or full. This becomes an even greater problem when we eat straight from the package or have unknowingly overfilled our plates.

Everyday distractions include:
- TV
- Computer
- Phone
- Eating anywhere but at the table

Simple Solutions

So, what can we do about portion distortion? We’re glad you asked!

Tips for Portion Control:
- Learn smart serving sizes for all the things you eat
- Avoid extra-large beverages or super-sized restaurant orders
- Understand what a portion-controlled plate looks like
- Eat at the table without any distractions

Did You Know …

What served four people in 1986 would have served almost seven people by 1936 standards.²

Sources:
2. Wansink and Payne, Annals of Internal Medicine 150:3 Feb 2009

Resources:
Brian Wansink, Mindless Eating: Why We Eat More Than We Think, Bantam, 2006.

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