



Plan Your Portions!

1. Choose a meal or snack you normally eat

For example...a typical weeknight spaghetti dinner with garlic bread

I'll think about...

2. Identify each food and portion size

For example, 2 cups spaghetti, 6 meatballs, 2 slices garlic bread

My meal/snack has...

3. What might you want to change?

For example, more vegetables, fewer calories and carbs

I will...



4. What portion tool(s) will you use?

For example, checking serving size of pasta (½ plate) and garlic bread (1 slice), and serving vegetables first, adding fruit/nuts for dessert

I will...

5. What if you're still hungry or your plate is too full?

Wait before second helpings and start with vegetables, and store extras in a container

I will...
