

I successfully completed this goal.
This is what I did:

GetFIT Helpful Connections - Follow Recommended Portion Sizes

PRACTICE pouring and measuring amounts of foods you typically eat until you can eyeball accurate portion sizes.

PORTION out serving amounts on plates in the kitchen, rather than from serving bowls on the table. Use measuring utensils to portion.

PUT food away immediately after serving so you are not tempted for seconds. Purchase small storage containers and put away leftovers in portion size amounts.

PRE-PORZION serving sizes of crackers, pretzels, or popcorn in small snack size plastic bags or containers. Don't eat from the bag or container. You know you overeat when you do that!

PURCHASE individual serving sizes of pretzels or crackers if portioning foods is difficult. Read the label to make sure there is only 1 serving per package.

FILL $\frac{1}{2}$ of your plate with vegetables - without butter or cream sauce. For extra flavoring, sprinkle a few shakes of Parmesan cheese over your warm vegetables.

Name _____

Date _____

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