

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

GetFIT Helpful Connections - Manage Difficult Food Situations

Portion healthier foods like pretzels or whole grain cereal squares into $\frac{1}{2}$ cup servings and place in small snack size plastic bags - stick to this serving.

Make just enough food for the number in your household. You won't be tempted to go back for seconds. If you like leftovers for the next day, portion your foods in appropriate containers and put away immediately after serving. Refrain from placing food in bowls on the table and serving family style. It's too easy to scoop out a second serving.

Use smaller plates and glasses. You will feel like you are receiving more food.

Plan your meals and snacks ahead of time with nutritious foods. Grocery shop for *just* the food on your shopping list. Always have fruit, vegetables, and whole grain cereal on hand for snacks.

Keep easy to grab, higher calorie foods out of the house so you are not tempted by their presence. Are desserts or baked goods your problem? Order desserts when you dine out and split the portion with someone or take the other half home for another day.

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