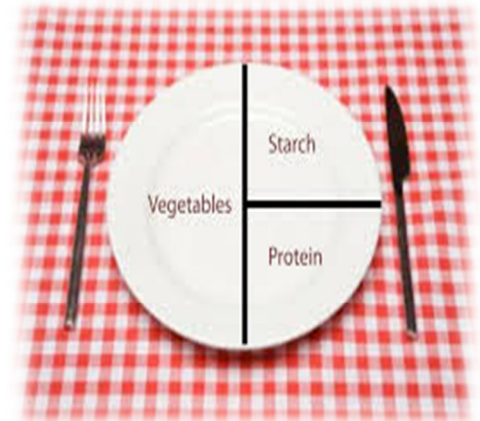


Top 10 Tips for Portion Control

- 1. Avoid Trigger Foods** – If you find that you tend to overindulge in a particular unhealthy food, it may be best to avoid it altogether. If you must give in, ensure that you portion a serving out in advance or stick to fun-sized treats (like those given out at Halloween).
- 2. Divide Your Plate** – Before you eat, split your plate into three sections: **half of the plate for vegetables, 1/4 for starch and 1/4 for protein.** This keeps your meal focused on plant-based nutrients.
- 3. Portion in Advance** – Read your food labels to understand what a true portion size is and portion it out into individual servings as soon as you bring it back from the grocery store!
- 4. Break Leftovers Down** – Separate leftovers into individual portion sizes. This makes it easy to grab the appropriate amount for lunch the next day without being tempted to overdo it on the leftover mashed potatoes!



5. Use Your Hands!

2 hands = a cup (for veggies)

1 hand = 1/2 cup (whole grains or fruit)

Palm of hand = 3-4oz (protein)

Thumb = 1 tbsp (for healthy fats like olive oil)

6. Ditch the Dinner Plate – Studies have shown that eating from a smaller plate can trick your brain into thinking it is eating more food and have you feeling more satisfied by eating less food.

7. Hydrate! – Drink a glass of water before you sit down to eat and another at the end of the meal to help you feel full.

8. Be a Kid Again – When you must indulge in fast food, order the kids meal which is more appropriately sized for even adult caloric intake.

9. Serve Veggies Family Style – It's not always about reducing portion sizes – serve veggies on a platter at dinner and let the family have as much of the healthy stuff as they would like!

10. Start with Salad/Soup – Start the meal with a green salad or non-cream based soup. It will fill you up and help you to hit the goal of 7-10 vegetables/fruits per day.



Top 10 Tips for Meal Planning

1. **Set a Date!** – Don't try to find the time to meal plan, **MAKE** the time! Schedule your weekly meal planning as you would any other appointment and keep it!
2. **Keep Track** – When you have an inventory of what's in the pantry or fridge, you can use that as a guide to decide what meals to make. Add and remove items from the list as you purchase/consume them!
3. **Always Use a List** – Making (and taking!) a list to the grocery store helps you stay on track and avoid impulse buys – especially when the kids are shopping with you!
4. **Plan Meals Around Deals** – Check your local store's flyers when you are planning and plan meals around items that are in season and on sale! Stock up on items when the price is right!



5. Try a Theme Night!

Assign a theme night to one day each week: **tacos, breakfast for dinner, stir-fries** – something that you're happy eating regularly and takes less than an hour to make. Vary the ingredients (chicken tacos, fish tacos, bean tacos) to keep it interesting through the month!

6. **Marinate, Marinate, Marinate** – Marinate quick cooking proteins like chicken breast, pork chops or flank steak ahead of time so all you need to do is drain and cook. Serve along your favourite veggies and starch.

7. **Be a Weekend Warrior** – Designate a Saturday or Sunday as a cooking day and prepare meals for the week in one go! Just make sure everything reheats well.

8. **7 Nights is for Superheroes** - Don't bite off more than you can chew – it's better to underestimate the number of meals you'll have time to prepare than waste food.

9. **Have a Leftover Night** – Once a week, let the family fend for themselves and use up whatever hasn't been eaten. This will avoid food waste and give you a night off!

10. **Use Time Savers!** – Appliances like slow cookers can be a life saver on busy weeknights! Build a repertoire of healthy meals using these appliances and use at least one per week.



Sources: www.about.com, www.cookinglight.com, www.produceforkids.com, www.wholefoodsmarket.com