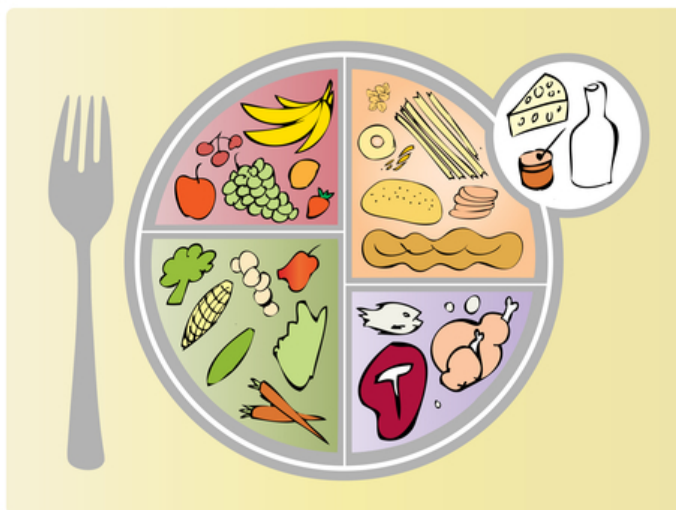# Portion Control

Portion control is about understanding how much food is in a serving size and is important for body weight management. Portion control is a great way to become more aware of the amounts of food you eat to better regulate caloric intake and nutrient consumption.

This is important in our everyday lives because following portion controls can mean a more balanced diet filled with proteins, healthy fats, and carbohydrates. If we eat foods in moderation, we can indulge on those sweets we love so much in smaller quantity and eat enough vegetables to get a healthy amount of nutrients. Portion control is about finding balance in how much and what type of food to eat.

Tricks for Portion Control:

DO:
- Measure out food into a separate container when eating.
- Take your time when preparing snacks/meals.
- Drink water beforehand to prevent overeating.
- Use smaller plates or bowls to make less seem like more.
- Treat yourself to your favorite foods, but only in moderation.
    - Example: 2 pieces of chocolate instead of the whole candy bar

DON'T:
- Eat food straight out of the bag, eat too fast, or while you are distracted. These can cause you to end up eating too much.
- Rush and throw food together. This doesn't allow you to put together a proper, nutrient-dense meal.
- Deprive yourself from a meal or snack because you want to cut down. Instead of depriving yourself, have a smaller size to keep yourself in check and accountable.

Portion control is a great way to get us to stop and think about what we're eating and how much. Portion control helps us regulate the appropriate amount to eat and how much of it we can have to keep ourselves within a healthy diet and lifestyle.