CHOOSE LESS. WEIGH LESS.

2000 calories a day is all most adults need.

For more information and tips on healthy eating visit: CHOOSEHEALTHLA.COM
**2000 CALORIES A DAY IS ALL MOST ADULTS NEED**

**PIZZA**
- 3 SLICES vs 2 SLICES
  - 990 calories
  - 660 calories

**SANDWICH**
- 12 INCH vs 6 INCH
  - 920 calories
  - 460 calories

**SPAGHETTI**
- FULL PLATE vs 1/2 PLATE
  - 1040 calories
  - 530 calories

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**PORTION TIPS: WHEN DINING OUT, THINK AND PLAN AHEAD**

» If you know you’re going out, **LOOK AT THE MENU ONLINE** so you can make healthy choices or check out the menu board.

» Get some **EXTRA EXERCISE ON THE SAME DAY** perhaps a walk before or after you eat out.

» Ask about **HALF PORTIONS**.

» If you get a full entrée, **BOX UP HALF BEFORE YOU START EATING**.

» **SHARE YOUR FOOD** with family or friends.

» **Start with a CUP OF SOUP OR SMALL SALAD.**

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**3 SLICES**
- 990 calories

**12 INCH**
- 920 calories

**FULL PLATE**
- 1040 calories

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**PORTION TIPS: WHEN EATING AT HOME, DISH OUT SMALLER PORTIONS**

1. **DISH UP SINGLE PORTIONS.** To minimize the temptation of second and third helpings when eating at home, keep single portions on individual plates, and keep the serving dishes off the table.

2. **DOWNSIZE TO 10-INCH PLATES,** or use a salad plate. Shrink your plate to 10 inches – versus a 12-inch or larger plate – can help you eat smaller portions.

3. **AVOID MINDLESS MUNCHING** in front of the TV. Place a snack-size amount of food into a bowl or container, and leave the rest of the package out of sight.

4. **CHOOSE NUTRITIOUS OPTIONS WHEN SELECTING A SNACK BETWEEN MEALS.** Eating a piece of fruit, a small salad or a small handful of nuts between meals can help prevent overeating during mealtime.

5. **GET RID OF THE CANDY DISH, OR BETTER YET, REPLACE IT WITH A FRUIT BOWL.** Place tempting foods like cookies, chips, or ice cream out of immediate eyesight, like on a high shelf or at the back of the freezer. Move healthy foods to the front at eye level.

6. **LEAVE THE “CLEAN PLATE” CLUB.** Most of us eat everything we’re served, no matter how big the portion. Begin with a smaller portion, and leave leftovers for the next meal.

7. **SATISFY YOUR SWEET TOOTH IN A HEALTHY WAY.** Indulge in naturally sweet foods to keep your sweet tooth at bay. Try a fresh fruit parfait mixed with lowfat yogurt. For a hot dessert, bake apples and top with cinnamon.

8. **SIP SMARTER.** Health experts recommend that we limit or eliminate sweetened beverages from our diet, and replace sugary drinks with water, unsweetened beverages or low-fat or non-fat milk.

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**SOURCES**

1. Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity; How to Avoid Portion Size Pitfalls to Help Manage Your Weight, http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html


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