

920 CALORIES



12" Sandwich

CHOOSE LESS. WEIGH LESS.

460 CALORIES



6" Sandwich

PORTION SIZE MATTERS.

2000 calories a day is all most adults need.

For more information and tips on healthy eating visit: CHOOSEHEALTHLA.COM

Made possible with funding from the Center for Disease Control and Prevention through the Los Angeles County Department of Public Health.

1250 CALORIES



Double Cheeseburger, Large Fries, Large Cola

CHOOSE LESS. WEIGH LESS.

680 CALORIES



Cheeseburger, Small Fries, Small Cola

PORTION SIZE MATTERS.

2000 calories a day is all most adults need.

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CHOOSE LESS. WEIGH LESS.

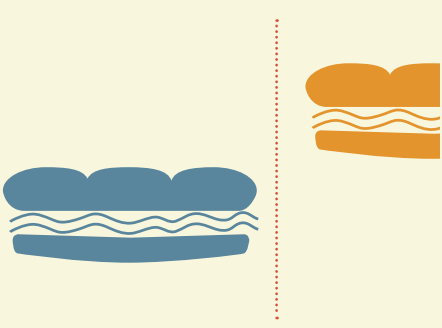
PORTION SIZE MATTERS

2000 CALORIES A DAY IS ALL MOST ADULTS NEED



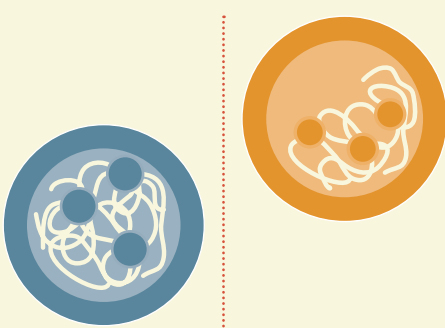
PIZZA

3 SLICES vs. 2 SLICES
990 calories vs. **660** calories



SANDWICH

12 INCH vs. 6 INCH
920 calories vs. **460** calories



SPAGHETTI

FULL PLATE vs. 1/2 PLATE
1040 calories vs. **530** calories



The average American eats out **4 TIMES A WEEK**.



About **42% OF CHILDREN** aged 2-9 eat fast food on a given day.



American adults and children consume on average **1/3 OF THEIR CALORIES FROM EATING OUT**.



In 2009, Americans spent **42% OF THEIR FOOD BUDGET** on foods away from home.

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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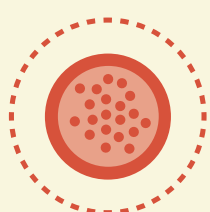
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PORTION SIZE MATTERS

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



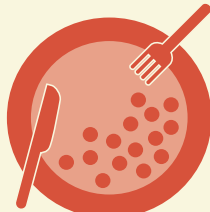
SNACK OUT OF A DISH, NOT THE WHOLE PACKAGE



SERVE FOOD ON A SMALLER PLATE



SNACK ON FRUIT INSTEAD OF SWEETS



SAVE HALF FOR LATER

- 1. DISH UP SINGLE PORTIONS.** To minimize the temptation of second and third helpings when eating at home, dish up single portions on individual plates, and keep the serving dishes off the table.
- 2. DOWNSIZE TO 10-INCH PLATES,** or use a salad plate. Shrinking 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.

SOURCES

- 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
- National Heart, Lung and Blood Institute, Portion Distortion and Serving Size, <http://www.nhlbi.nih.gov/health/public/heart/obesity/we-can/eat-right/distortion.htm>
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Division of Chronic Disease & Injury Prevention

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