

Practice portion control to trim off pounds



Losing weight can be a piece of cake

Anyone eating at restaurants has probably noticed that food portions have grown. And the unfortunate result is that our waistlines have grown, too.

For portions that are out of proportion, try these guidelines for reducing them:

- Ask for a take-home container when eating out and save part of the meal for another time
- Serve food on plates instead of putting serving bowls on the table
- Don't feel as though you have to clean your plate
- Serve main dishes on a smaller plate
- Keep an eye on food label serving sizes

When you follow these guidelines, you'll find that you can not only have your cake, but eat a portion of it, too.



**BlueCross BlueShield
of Illinois**

Source: 1998-2004 Mayo Foundation for
Medical Education and Research

41019.1206L