

YOUR GUIDE TO PRACTICING PORTION CONTROL

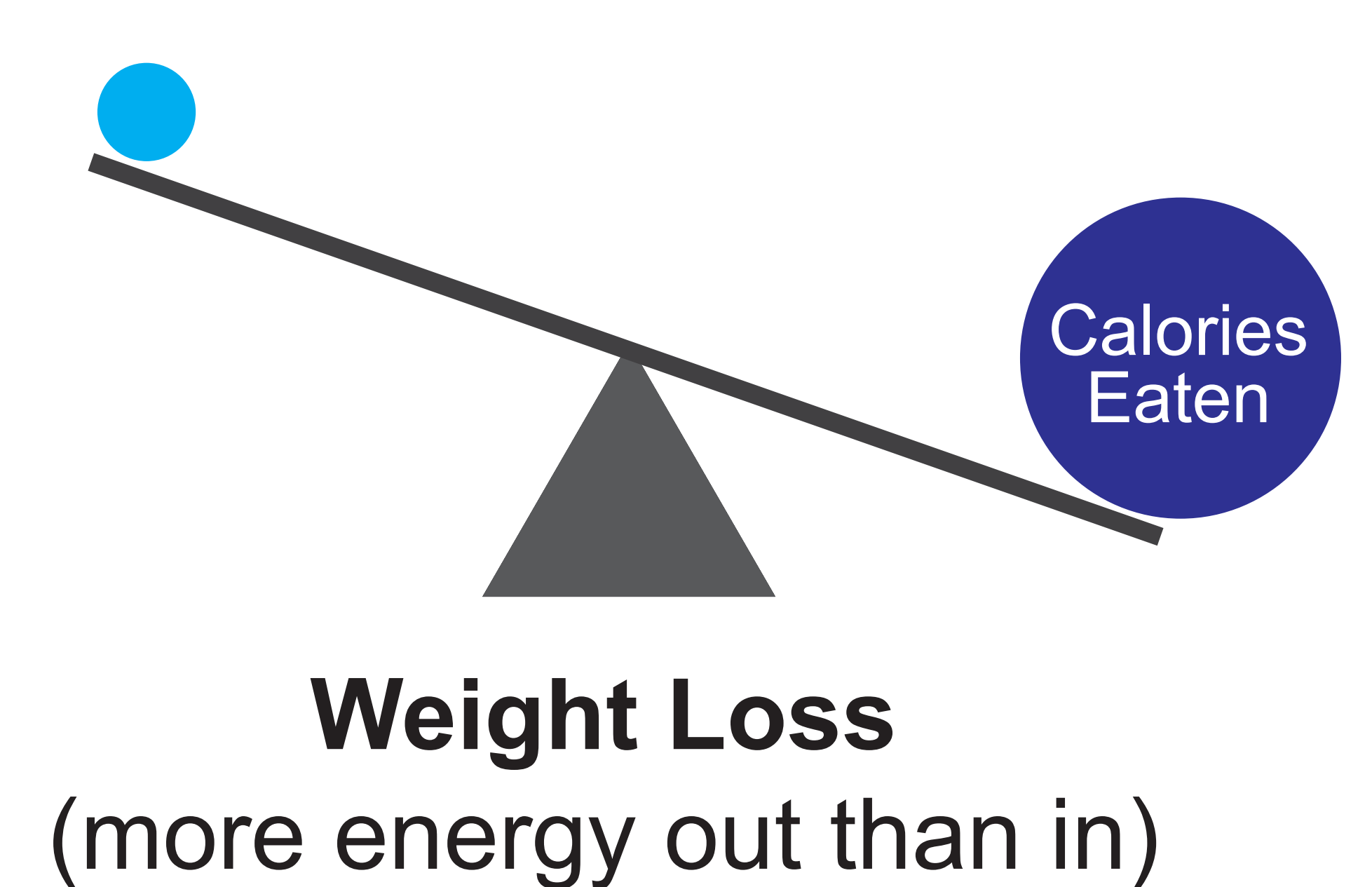
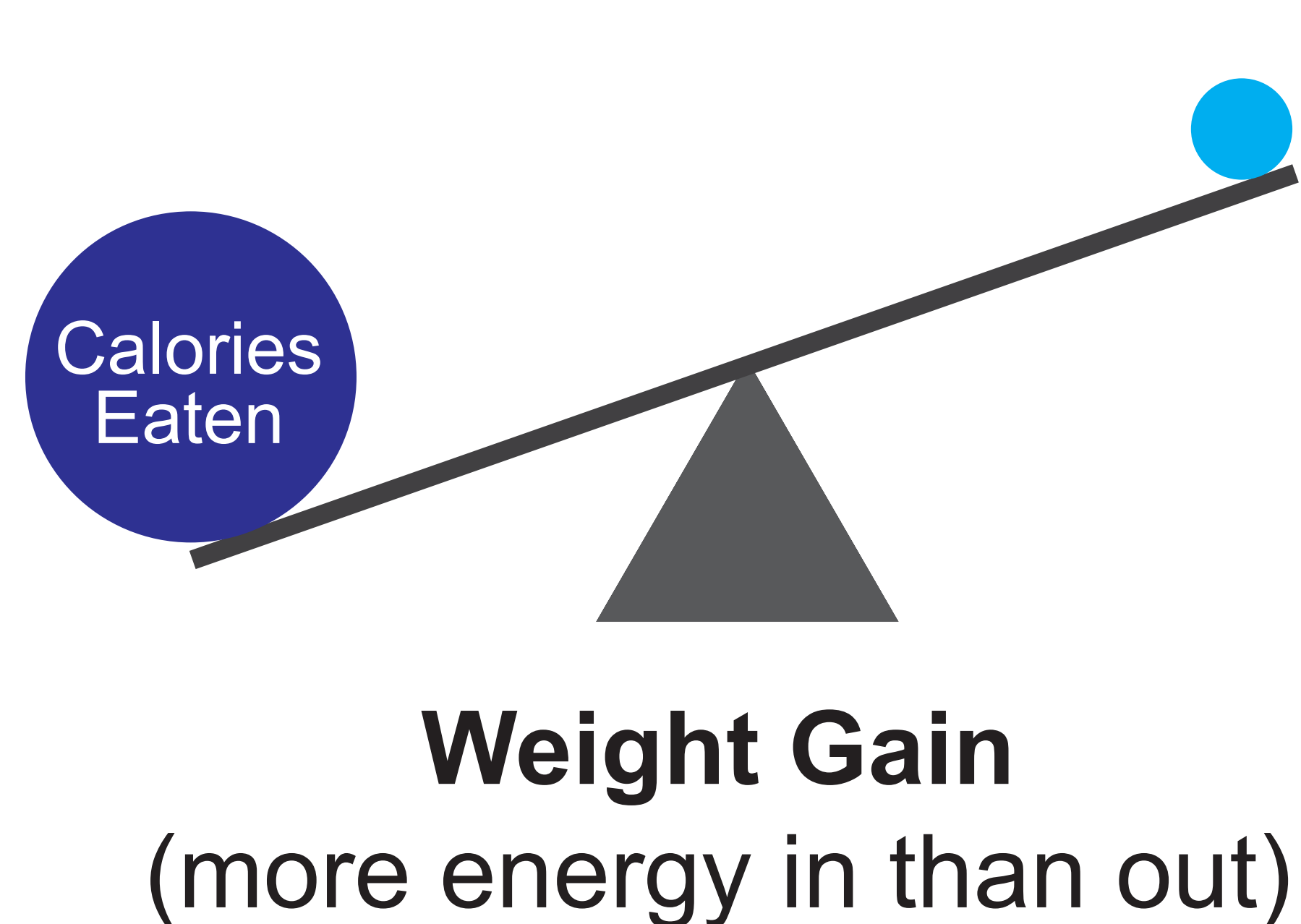
WHAT IS PORTION CONTROL?

Portion control means choosing a healthy amount of a certain food. It helps you get the benefits of the nutrients in the food without overeating.

To maintain energy balance and prevent weight gain, it is important to **portion control**.

LARGER PORTIONS = MORE CALORIES (ENERGY FROM FOOD) EATEN
LESS EXERCISE = LESS CALORIES BURNED

You may also be exercising less due to the COVID-19 threat.



PORTION CONTROL GUIDELINES



VS



LARGE

Your plate should not be heaped!

SMALL

Your stomach should feel comfortable after a meal



Have a glass of water before you eat.

Thirst is often mistaken for

Which plate has more food?
NEITHER!



USING A SMALLER PLATE
This is called PORTION SIZE ILLUSION

FOLLOW THE PLATE MODEL

1/2 VEGETABLES
(1/4 Cooked plus 1/4 raw)



1/4/ PROTEIN foods from the
FOODS FROM ANIMALS and/ or
LEGUMES food group

1/4 CARBOHYDRATE
Containing foods from the
STABLES food group

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National Nutrition Awareness Week 2020

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