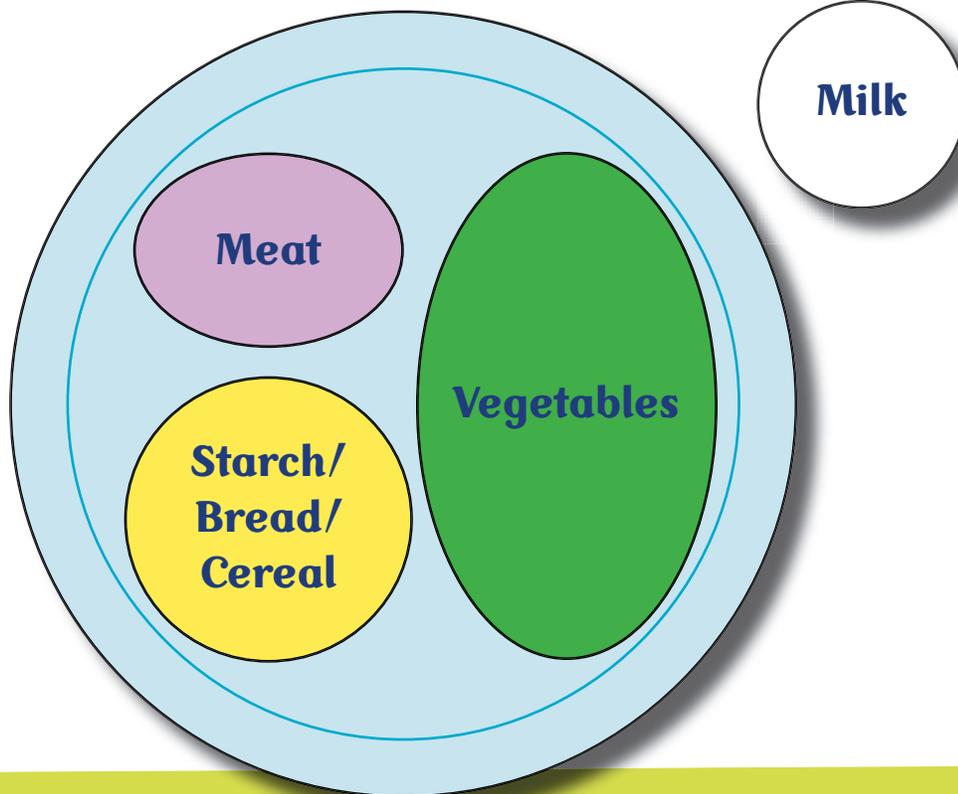


Create Your Plate



Healthy Tips

- ▶ Use a 9-inch sized plate.
- ▶ Start measuring foods using a quick and easy measuring utensil like a 1-cup scoop. Measure foods after they are cooked.
- ▶ Hold off on extra portions. It may be easier to do if there is less food served at the dinner table.
- ▶ Before sitting down to eat, store extra food that was prepared in containers to save as leftovers.
- ▶ Eat at the right place and the right time. Don't save yourself for just one or two meals in the day. This may make you eat more because you are too hungry. Try to eat at the dinner table away from distractions like television. This will help you listen to your body better. You will know when your stomach is really full.