

# Eating Smart

## Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The bigger problem is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time.

**Listen to your body's cues.**

**Prepare less food for meals.**

**Start with a small serving.**

**Use small dishes and glasses.**

**Slow down the pace of eating.**

**Eat half, wait 20 minutes.**

**Never eat out of the bag.**

**Think before you order.**

**Always go for the small size.**

**Share, share, share.**

**Eat half, take half home.**

**Eat regular meals and snacks.**



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HEALTHIER TN**