

Portion Well

Managing Healthy Portions Challenge

NON-FOOD REWARDS

Treat yourself, friends, family, and children with non-food rewards that you enjoy.

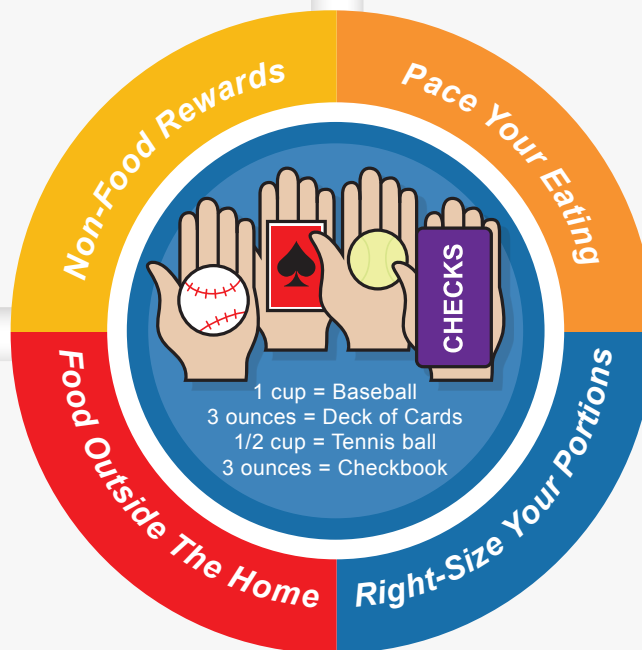
- Take a walk alone, with friends or with family
- Make a call to reconnect with someone
- Play Frisbee, ping-pong, golf, or shoot hoops
- Sleep in, take a bath, get a massage
- Attend a movie, theater or sporting event
- Play games or read with a child
- Spend Sunday morning with the newspaper



PACE YOUR EATING

Eating regular meals throughout the day, with others and at slow pace will help you manage portions.

- Plan for 3 healthy meals a day and 1 to 2 snacks
- Avoid skipping meals
- Eat with others to pace and moderate your eating
- Slow down, it takes 20 minutes for the brain to register that the stomach is satisfied



FOOD OUTSIDE THE HOME

Manage portion sizes when eating out.

- Share an entrée
- Order an appetizer for your meal
- Order kid-size meals
- Ask for to-go containers and enjoy the rest later
- Box up 1/2 of the meal before you start
- Go through the buffet once



RIGHT-SIZE YOUR PORTIONS

Plate sizes have increased 50% since 1960 — right-size your portions.

- Choose smaller dishes, bowls, and glassware
- Use a measuring cup or kitchen scale
- Fill your plate at home once and then put food away
- Choose extra salad, vegetables or fruit if you are still hungry after 20 minutes
- Keep a visible fruit bowl in the kitchen to grab a healthy snack or dessert
- Check the number of servings in packaged foods

Managing Healthy Portions Challenge

My Pledge

I pledge to try different strategies to consume food in healthy portions throughout the day. I am committed to pacing my eating at meals and right-sizing my portions at home and when eating out. I will initiate non-food related rewards for myself and with others so that I can Live Well.



How the Challenge Works:

Jot down some ideas and techniques in these 4 areas that you are willing to try so that you can Manage Healthy Portions and Live Well.



Pace Your Eating



Right-Size Your Portions



Food Outside The Home



Non-Food Rewards

1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

Record your Healthy Portions activities:

Use a **check mark in the color-coded boxes** to record the days that you implemented healthy portion management techniques by Pace Your Eating, Right-Size Your Portions, Food Outside The Home, and Non-Food Rewards. Use a **star** to record the days you managed your portions well.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>