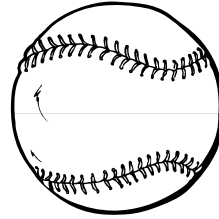


Portion Distortion



Is your muffin the size of a softball?

Do you reach for the “grab” size bag of chips?

Ever notice that a box of cereal only lasts 2 days?

If you answered yes to these questions—you may be eating too much 😊



TIPS:

- ❑ Serve snack foods on a small plate...don't eat out of the bag.
- ❑ Choose single-portion packaging if you're tempted to eat “the whole thing.”
- ❑ Split entrees with a friend. (cut the cost too!)
- ❑ Portion all your food items (appetizer – dessert) before you sit down to eat. This helps you gain perspective on the total volume you're eating.

If you're interested in learning more tips...join us for “Portion Distortion” on Friday, April 15th @ PACER. Call 951-2277 to reserve. It's at Noon, so bring your lunch and learn!

