Do you suffer from
PORTION DISTORTION?

Follow this advice to keep your portions in check.

- Be a mindful eater and foster mindfulness in your child. Mindfulness is deliberately paying attention to yourself and your meal and listening to your internal cues for hunger and satiety. Being a mindful eater is being free of reactive, habitual patterns of thinking, feeling and acting around food.

- Know the difference between a portion and a serving. A portion is the amount of food you choose to eat. A serving is a standard measured amount.

- Eat healthy snacks between meals and provide them to your children. Keep ravenous hunger at bay by feeding small frequent feedings instead of two or three large meals.

- Read the labels carefully. Many packaged foods and drinks look as if they provide one serving, but they actually contain two or more. Make sure you check the number of servings per container first and then eat or drink a single serving.

- Use smaller dishes. Food psychologist Brian Wansink, author of Mindless Eating invited 85 food experts to an ice cream social and gave them a small or large bowl and a small or large scoop. Even the experts, served 31% more ice cream (127 more calories) in the large bowl and 15% more (60 calories) from the big spoon. Try using smaller plates, bowls, and glasses and serving utensils for your meals.

- Substitute veggies. Fill out your plate with veggies like celery, carrots, or peppers. They help you feel fuller without adding too much in terms of calories.

- Wait before you go for seconds. If you’re hungry for more, try waiting 10-15 minutes. Your stomach needs time to signal the brain that it’s satisfied. If you’re truly hungry after 10-15 minutes, help yourself to more of a lighter food choice, like more salad or a piece of fruit.