

## Top Tip Number 2

### Portion Control for Everyone

To manage a healthy weight, we should control portion sizes which will always be specific to whoever is eating. Our food requirements change throughout our lifetime. For example, a young child's portion would need to be much smaller than a teenager and an adult may require even more. An easy way to monitor our portion sizes is by using our simple guide, remembering always that everyone's hand (portion) will be a different size.



- **REDUCE PLATE SIZE**- One way in which we could begin to reduce portions may be as simple as using a smaller plate at meal times. By doing this, you will find that your plate can still be full, which tricks the mind into thinking we will be eating the same amount but in fact we would be eating far less than we would ordinarily.
- **WEIGH BEFORE COOKING**- Other things we could do to reduce portions may take a little more thought and planning such as weighing out ingredients before cooking to avoid that temptation of going back for seconds!
- **SAVE THE SECONDS**- if weighing out ingredients proves challenging try serving up more sensible portions and put the rest in a Tupperware for lunch the next day or freeze for a quick and easy dinner on one of those busier days!

