

# FOR SUCCESSFUL WEIGHT LOSS...

# EAT SMART

Sometimes it's not *what* we eat, but *how much* we eat that can make a big difference on the scale. So how do we know how much is *not enough*, how much is *too much*, and how much is *just right*? Just ask the experts at Weight Watchers®!



## ▶ What's a great gauge of portion size? Just open your eyes!

It seems that everywhere we go, bigger is judged as better when it comes to portion sizes. But for those of us trying to control our weight, this is anything but true. Even a small amount more than we plan to eat can sabotage our weight-loss efforts. So how can we judge portion sizes without carrying around a scale or set of measuring cups with us? Try using everyday objects to estimate a proper portion. Check out the chart below.

FOOD	SERVING SIZE	VISUALIZE
<b>Meat/fish/peanut butter</b>		
Steak	3 oz cooked	Deck of cards
Chicken breast, boneless	3 oz cooked	Cassette tape
Fish fillet	3 oz cooked	Standard checkbook
Peanut butter	2 Tbsp	Golf ball
<b>Starches/grains/cereal</b>		
Bagel	4 oz	DVD
Rice or pasta	1 cup cooked	Tennis ball
Ready-to-eat cereal	1 cup	Your fist
<b>Fruits/veggies</b>		
Apple, pear, orange, etc.	1 medium	Your fist
Raisins	2 Tbsp	Ice cube
Salad	1 cup	Baseball
Potato	7 oz cooked	Light bulb
<b>Milk products</b>		
Milk, yogurt	1 cup	Your fist
Cheese (Cheddar, Swiss, etc.)	1 oz	4 dice
Ice cream	1/2 cup	Half of a baseball
<b>Fats/oils</b>		
Margarine or oil	1 tsp	Tip of your thumb
Salad dressing	2 Tbsp	Ice cube

## ▶ Making less... more!

Looking for some other sure-fire ways to help you get *all* you want and not *more* than you want? Try these easy ideas.

- Divide leftovers into individual portions before storing them away. It's easier not to overdo it if you only take out one portion at a time.
- Take the edge off your appetite by starting your meal with a salad or broth-based soup. The main course will be more satisfying if you don't begin it famished. (Make enough salad for a few days so there's always some ready when you want it; keep canned soup with a low or 0 **POINTS**® value on hand.)
- Avoid "trigger foods." Even if your very favorite treat comes in an individual packet, if you can't eat just one, don't keep it around. Calories add up quickly when you eat multiple 100-calorie packs!
- Don't get overly hungry. Snacking can actually help you stick to your weight-loss plan by keeping you from overdoing it later, but watch the portion sizes of those snacks. Check **POINTS** values for the amount you're eating to be sure you don't exceed your daily **POINTS** Target.
- Treat meat as an accompaniment rather than the main event. Fill your plate with whole grains and veggies. You'll have lots more to eat so you'll be more satisfied.
- Going out to eat? Order an appetizer as a main course, or choose a kid's size portion! Believe it or not, for many restaurants the amount you get in these portions used to be adult main courses!