



THE POWER OF... PORTION CONTROL



Large food portions can increase the number of calories you eat, which in turn can lead to weight gain. **Portion control** can help you to manage how much food you eat in one sitting. This can be helpful for weight loss as it **prevents overeating**.

Alongside weight management, portion control helps you:

- > Digest food easier.
- > Improve the nutritional quality of your meals.
- > Stay energized throughout the day.
- > Control your blood sugar levels.

So how can you manage your portion sizes to optimize the most of your mealtimes? Here are our top tips for portion control:



Use smaller utensils

One simple way to control the portion of food you put on your plate is to use a smaller plate. **The less plate space you have = the less food you can fit.** This also plays a powerful trick on the brain – a standard portion will look bigger on a smaller plate, creating the impression that your meal is larger.



Eat slowly

It takes about 20 minutes for your stomach to signal fullness to your brain. Therefore, a slower pace at the dinner table can prevent you eating more than you need to, because it allows time for your brain to catch up with your stomach. Using smaller knives, forks and other tableware can help slow you down, as well as pausing for longer between bites.

Use your hands to measure out portions

Use these simple, memorable visuals for healthy awareness of how much of a food you're eating.

Fruits and vegetables

Size of your fist



Cooked carbohydrates/grains

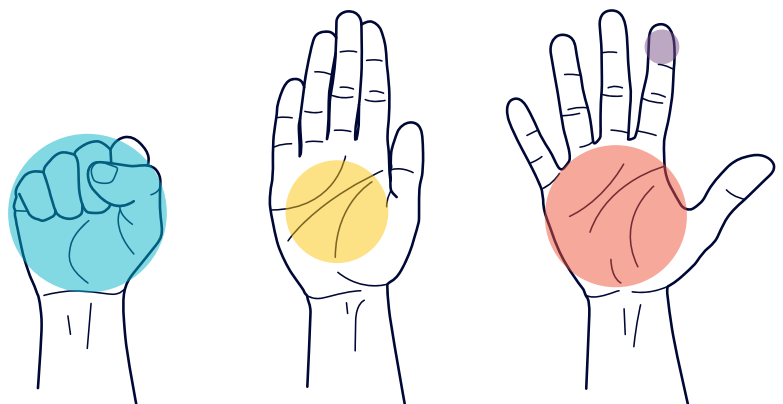
A cupped handful

Cooked protein (meat/poultry/fish)

Size of your palm

Fats/oils

Size of your fingertip





Avoid eating from the bag or box

It's difficult to be aware of how much you are eating if you're eating directly from a larger package. Instead, put the contents on the usual plate you eat. This can help judge the size; if it looks like more than your normal portion size, consider putting leftovers in the fridge for a second meal.



Keep a food diary

Consider writing your food portions in a journal, on a "Notes" app on your phone, or on an app designed to keep track of your food intake. This information can help you visualize your eating habits and inform any necessary changes. Read the "**Food Diaries**" leaflet for more information.



Understand serving sizes

A portion size is **not** the same as a serving size. A serving size is a standardized, measured amount of food that you see printed on the nutrition facts label. A portion size is the amount you choose to eat, which can be more or less than a serving size. It is helpful to use measuring cups until you become well-practiced at estimating portion sizes.

Remember that the **ZUPREME Trial Team** is always happy to speak with you about the contents of these leaflets. If you'd like to chat more about portion control, speak to a member of the team at your next trial visit.

