

# HEALTHY HINTS

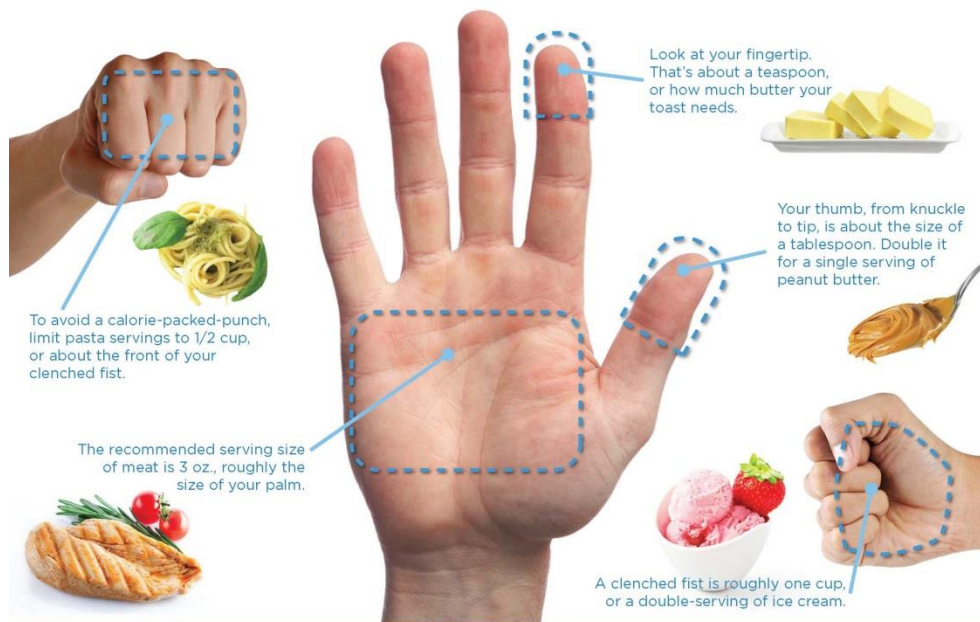
Just for the HEALTH of it!™

## WEEK THREE-Nutrition: Portion Control

How does your plate measure up?! It is very easy to misjudge portion sizes and most restaurants have HUGE portions! So BE CAREFUL and try using this HAND technique!



### Hand Guide to Portion Control



Sources:  
<http://www.cnpb.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>  
<http://www.healthy.arkansas.gov/programs/Services/chronicDisease/Nutrition/Pages/ServingSizes.aspx>

[www.GuardYourHealth.com](http://www.GuardYourHealth.com)

If you are making the PLANT POWERED switch, its SIMPLE! No real reason to worry about portion size!

Visit [www.thepowerplate.org](http://www.thepowerplate.org) or go to [www.pcrm.org](http://www.pcrm.org) to learn more!



Swap out your big plates and bowls to help maintain a better portion size!!

Watch video from Registered Dietician-Regina Young:

[https://youtu.be/d\\_SC7LTR6QM](https://youtu.be/d_SC7LTR6QM)