

# Choosing Proper Portions

## Portion Awareness

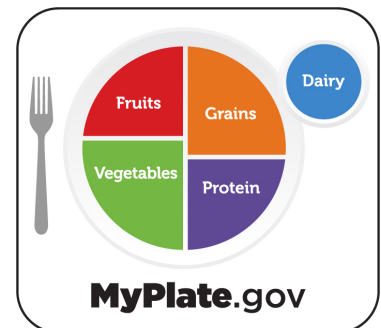
- Avoid eating directly out of the food package.
- Be a role model. Modeling appropriate portions is important when eating as a family.
- Let your child choose how much they want to eat.

## Dining Out

- When eating out, think of the portions you eat at home. Portions served at restaurants are often larger than you usually eat.
- When you get fast food, choose salad or fruit on the side instead of French fries, and choose a 'regular' meal, not a 'large' or 'super' sized one.
- At restaurants, choose meals that your family can share. Order vegetables as your sides.

## Teaching Your Children

- Offer meals and snacks at set times during the day and stick to that schedule.
- Show your older kids how to read food labels.
- Let your children practice serving themselves proper portions.
- Help them choose small bowls or plates for snacks.
- Discourage snacking in front of the TV.
- Serve snacks at the dining table.
- Allow your child to serve a small portion to start. They can have more if they are still hungry.
- Encourage your child to take small bites, eat slowly, and enjoy the meal.



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