

# Get Smart about Portion Control



## Take Control of How Much You Eat

Serving sizes keep growing and that can mean our waist lines do too. Studies show that people will eat more without knowing it when they are met with larger portions. Keep in mind that how much you eat is as important as what you eat.

Try these pointers:

- Keep serving dishes off the table.
- Serve meals and snacks on smaller dishes.
- Choose a single serving snack rather than snacking from the whole package.
- Store tempting foods out of easy reach.

Pick smaller servings and make big changes for your health.



**Little things mean a lot:**  
Split large package contents into smaller containers to help avoid overeating.



**BlueCross BlueShield of Illinois**

Source: Centers for Disease Control and Prevention

725266.0514