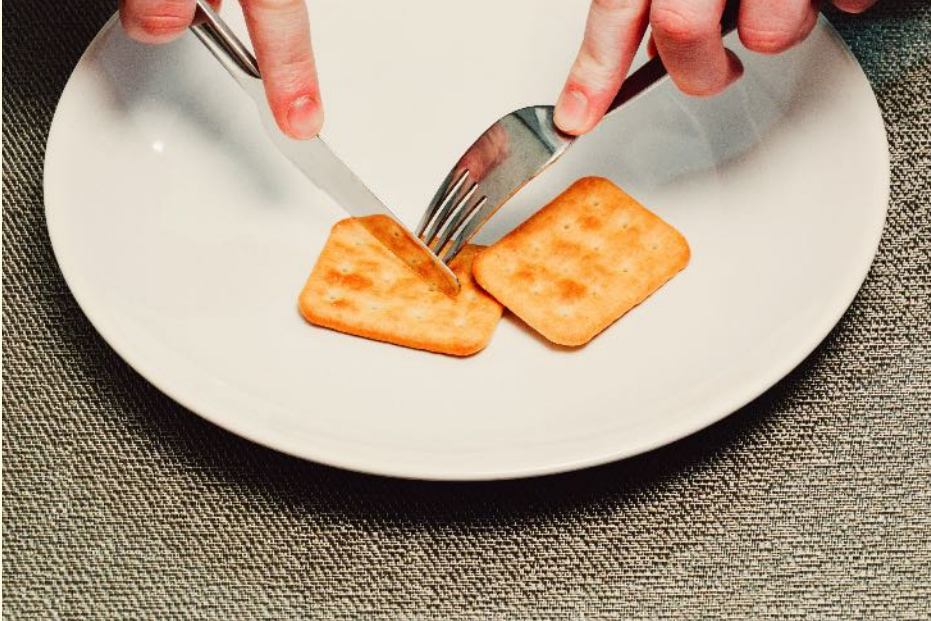


CUT PORTIONS, CUT CALORIES

Tips for Portion Control

TRY ONE TIP FOR PORTION CONTROL:

- Order a to-go box with your meal and wrap up half of your meal from the onset.
- Put your TV snack in a bowl instead of eating out of the bag.
- Make sure your meat portion fits the size of your palm.
- Cut up your food into smaller portions to reduce your consumption.



TRY ANOTHER TIP FOR PORTION CONTROL:

- Slow down your eating pace to make sure you're eating only what you need.
- Eat fruits or veggies before dinner to take the hunger edge off.
- Listen to your stomach. Stop when you're full.
- Drink water in between bites to balance out your eating.

