

## **NATIONAL NUTRITION WEEK 2014**

### **Tips how to 'Choose your portion with caution'**

The following tips may help to control oversized portions:

- Use smaller plates, bowls, and serving utensils. Plates with a darker-coloured rim can also help, since one will tend to only serve food on the lighter-coloured portion of the plate.
- Use a smaller glass to limit the amount of drinks consumed at a time.
- If you're trying to lose weight, measure your foods so you know exactly how much you ate. For example, keep a 125 ml / ½ cup measure in the cereal container or use a scale to portion your meat.
- Avoid being tempted by second and third helpings. Serve the right portion amounts on individual plates, instead of putting serving dishes on the table. Keeping excess food out of reach may discourage unintentional overeating.
- Be aware that your body may only experience feeling “full” sometime after eating your meal. Eat slowly, and pay attention to your body’s internal cues to avoid overeating.
- Stick to regular meal and snack times.
- Many restaurants serve more food than is appropriate for one person. Control the amount of food that ends up on your plate by sharing a meal with a friend or asking the waiter to put half the meal in a “doggie bag” or “take away container”, before it is brought to the table. Alternatively order a salad and a starter as your main meal.
- When eating or snacking in front of the TV, put a small amount in a bowl or container and leave the rest of the package in the kitchen.
- Snack foods that are bought in bulk, should be portioned into individual-size bags. Store large containers out of sight in a storage closet, cabinet, or garage.
- Keeping healthier foods within easy reach means you'll eat more of those foods. Place fruit in a large bowl on the counter and serve cut vegetables as the family arrives home from school or work.

- 'Choose your portion with caution' also means that one should be mindful to manage salt and sodium intake (sodium is the mineral found in salt that can increase blood pressure when too much is eaten):
  - Buy fresh, plain frozen, or canned "with no salt added" vegetables;
  - Use fresh poultry, fish, and lean meat, rather than canned or processed types or frozen chicken;
  - Use herbs, spices, and sodium-free seasoning blends in cooking and at the table instead of salt and stock powders/cubes, and remove the salt shaker from the table;
  - Cook rice, pasta, and hot cereals without salt;
  - Limit use of instant or flavoured rice, pasta, and cereal mixes, that contain higher amounts of sodium;
  - Choose "convenience" foods that are lower in sodium. Limit use of ready to eat frozen meals, pizza, packaged mixes, canned soups or broths, and salad dressings;
  - Rinse canned foods like beans to remove some of the sodium;
  - Choose ready-to-eat breakfast cereals that are lower in sodium;
  - Olives, pickles and other items packed in brine are saturated in salt and the intake of these high-sodium foods should therefore be limited;
  - When eating out, ask for your meal to be prepared without salt, and ask for any sauces, gravies or salad dressings to be served in a separate dish on the side;
  - Choose food products with the Heart Mark as these are lower in sodium.