

▶ **Workshop: Beginner Weight Loss** **Chapter 3, Lesson 1: Portion Control**



This week's lessons will teach you ways to cook healthy meals, what to look for when reading nutrition labels, and tips for ensuring proper portion sizes.

Benefits of Home-Cooked Meals

Don't settle for leftovers or frozen dinners. With a little planning, you can enjoy healthy and delicious meals whether you're dining alone or with a companion.

- **Make a meal plan.** Find some healthy recipes you want to try and jot down the week's menu with a grocery list. You'll find it makes grocery shopping easier and ensures that you have everything you need when you're ready to cook.
- **Prepare one-dish meals.** For quick and simple cooking, choose a dish that serves as the whole meal. Look for dishes that include items from several food groups, such as a stew, casserole, or chili.

Reading Nutrition Labels Wisely

Most packaged foods have a Nutrition Facts Label. Here's what you should be looking for when purchasing your food:

- **Start with serving sizes.** Many times a single package can have more than one serving. Make sure your portions match the serving size listed on the label so you're not eating too many calories, fat, and sugars.
- **Limit these nutrients:** Fats (both Saturated and Trans Fat), Cholesterol, and Sodium.
- **Get enough of these nutrients:** Potassium, Fiber, Vitamins A and C, Calcium, and Iron.

The Importance of Portion Control

Portion control is an important part of losing weight. You don't need to carry around a measuring cup with you at all times to figure out if your portion is correct—try these simple tips:

- **Use a smaller dish for your food;** studies show this helps prevent overeating.
- **Don't eat directly from the package or bag—** divide snacks into single-serving containers.
- **Limit distractions during your meals.** Watching TV or using your laptop while eating can distract you from knowing the amount of food you're putting into your body.

Next Steps

- 1. Read** "How to Use the Nutrition Facts Label"
- 2. Read** "Keep an Eye on Portion Size"
- 3. Take** the Chapter 3 quiz

Remember

Serving proper portions of food can prevent overeating.