

The Portion Patrol: How To Control Over Eating At Mealtime



We have been born and raised to “eat everything on our plate because there are starving kids in Ethiopia“. This advice has been passed down from generation to generation. From our grandparents to our parents and now to us.

The problem that we now face is that the food quality is getting poorer nutritionally and if we follow this advice, it will

make us all overweight.

So how do you measure the portion size that is right for you?

It’s simple...the size of your fist or the palm of your hand is the proper portion size for you.

An example meal would be a small chicken breast the size of your palm (6-8 oz), a medium apple and a small baked potato the size of your fist.

Anything more should be saved for your next meal or snack.

Another point I would like to make is that raw vegetables are exempt from this rule.

You can eat as much raw veggies and salad as you can possibly handle. These type of foods are high in nutrition and not in calories. Nature's perfect food by a longshot!

Below, I've listed a few tips on how to control those portion sizes so that you can be satisfied all day long and not be hungry.

1. Realize that there is a difference between being full and satisfying your hunger.

You should never eat to you are full. That is guaranteed fat pockets going straight to your hips, butt and belly. Our bodies weren't designed to take in such a surplus of calories. This full feeling that you get tells you that you have reached max capacity and it is time to break the food down and store it as fat.

2. Make sure that when you eat, always use a small plate. Research shows that since we have been psychologically reprogrammed to eat everything on our plate, the best thing to do is... get a smaller plate. This satisfies the urge.

3. Never supersize your meals if and when you eat out. Fast food is devoid of

nutrients and terrible for you. If you “need” to eat out, then eat just a bit to satisfy you, not to get the most value for your buck.

4. The reason that you are having extra cravings and have to eat big portions is most likely due to the fact you are eating the wrong food ratios. You may need to adjust your proteinà fatà carbohydrate ratios. It might now necessarily be the type of food that you are eating, but more along the lines of the amount of food that you eating. Make sense?

5. Break your portions down to 6 smaller meals a day. This is actually a golden rule. By eating 6 smaller meals a day, you will not only stop your cravings and eat smaller portions, but you will also give your metabolism a much needed boost. A higher metabolism means more fat burning!

6. When making snacks for yourself, use small baggies or really small bowls instead of eating out of the box , serving bowl or jar.

7. When eating out, fill up on salad first, (very small amount of dressing) before your main course.

8. Last but certainly not least... **Eat to live, do not live to eat.** What I mean by this is to practice mindful eating. Be conscious of what you are putting into your body. Eat for your health and for energy. Not to satisfy a craving.

Food is overly plentiful in our society. The problem lies in the quality of the food. It is much cheaper and easier to find and prepare calorie dense foods. These have little nutrition and will literally be stored as fat instantly. Eating these types of foods does not satisfy your body because it doesn't have the nutrients it needs. Your body ends up craving more food.

It's now time for you to take control! Remember knowledge is power. Let's put some action to it!

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