

• TWEAK 7 •

SERVING SIZE SURPRISE

This tweak aims to:

- 1) Increase your awareness of your typical portion sizes
- 2) Increase your consumption of fruits & vegetables
- 3) Increase your water consumption

Each week will focus on a different task related to these goals. [Click here for a handout to track your progress this month.](#)



WEEK 1

MEASURE IT OUT

WEEK 2

SMALL PLATES

WEEK 3

MORE VEGGIES

WEEK 4

RETHINK SECONDS & SNACKS

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WEEK 1: MEASURE IT OUT

MyFitnessPal is a free app that allows you to easily track your meals. The app allows you to scan barcodes of prepackaged foods and contains loads of data from different restaurants so you can easily search meals when eating out. The app will break down how many servings you got from each food group, as well as total calories and macronutrients like protein, fat and carbohydrate.

TIPS FOR MEASURING

- Work on your hydration habits! Aim for at least eight glasses of 8 oz a day!
- The more you measure, the easier it will be to eyeball servings.

[Check out this portion distortion slideshow](#)



WEEK 2: SMALL PLATES

Now that you have gained more awareness of serving sizes from last week, your goal this week is to downsize your plates, bowls, and Tupperware. Studies show that using smaller dishware leads to less food on your plate.

TIPS:

- Place your large dinner plates out of sight, somewhere like the back of your cabinets. A small plate is considered no larger than 10" in diameter.
- Use Tupperware that divides food into groups: a section for fruit, for grains, and vegetables. This way, you can diversify your meal instead of having just one or two food groups.
- When out to eat, ask for a to-go box and place half your meal in it. Restaurants often serve double the amount of food we need for one meal.
- Check how much sugar is in your drink, and aim to replace those beverages with water, so you're drinking at least eight glasses a day! Sugary beverages are often served in single size containers, yet have 2 or 3 servings per bottle.
- Use shallower bowls for sugary cereals, ice cream, salty soups, and pasta.

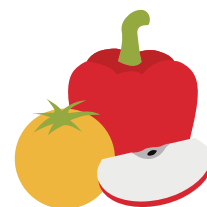
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WEEK 3: MORE VEGGIES

To encourage increased fruit & veggie consumption, your goal this week is to eat **at least** one salad or meatless main each day.

TIPS:

- Add **leafy greens** to a fruit smoothie. Although it looks green, it tastes sweet and fruity.
- Stock your freezer with **frozen vegetables** to steam or stir-fry for a quick side dish. Add black pepper, garlic powder or lemon juice to spice up your veggies!
- Cook up a veggie or legume-based meal as your **main dish**.
- Add fruit to your water for a refreshing boost. Adding lemon, strawberry, or cucumber to your water can be a healthy way to get flavor out of your drink. Aim for at least eight 8 oz glasses of water per day!



WEEK 4: RETHINK SECONDS & SNACKS

This week's task is to rethink second servings and measure out snacks.

TIPS:

- Wait at least **twenty minutes** to assess if you're hungry enough for a second serving. If you get a second serving, load up on veggies to help you feel fuller.
- Serve yourself a snack on a **small and separate dish**, instead of eating from the bag or container.
- **Avoid distractions** while eating or preparing a meal. Focus on your food by turning off the TV and silencing your phone.
- Eat small snacks in between meals to avoid feeling overly hungry.
- Drink a **glass of water** before and during your meal. Sometimes our bodies can mistake thirst for hunger.
- Revisit the **[Fruits & Veggies tweak](#)** for healthy sides and snack ideas.