

Don't Supersize Me!!

When it comes to portions, one size does not fit all!

Hi Everyone

With the money-savvy Gen Y'ers amongst us I am afraid the 'good value' upsize meal is here to stay. But when it comes to food portions, value in your wallet simply means plenty of 'value' on your hips!! Even worse, when it's an all you can eat buffet – then you have to get your money's worth, right??

So here are some tips and ideas that might help you to understand what a 'serving' actually means.

1. The size and thickness of the palm of your hand is a good guide for steak, chicken, fish etc (and no, this does not include your fingers...).
2. ½ a cup of cooked rice or a cup of cooked pasta is considered a serve.
3. Do you really need a 'bucket' of latte or cappuccino? It is not hard to 'drink' the calories of two small meals per day by going with the bucket option.
4. Serve your meals directly onto plates rather than the 'help-yourself-buffet' option that has become popular at our dinner tables.
5. By doing 4. above, you will actually have leftovers which can then be frozen into ready-to-go, portion-friendly meals.
6. Take a standard serving out of the packet, box or bag and eat it off a plate instead of eating straight out of a large packet, box or bag.
7. Avoid eating in front of the TV or while busy with other activities. Pay attention to what you are eating and fully enjoy the smell and taste of your foods.
8. Ask for salad dressing, butter, and sauces on the side so you can control how much you use.
9. Take seconds of vegetables or salads instead of higher-fat, higher-calorie parts of a meal such as meats or desserts.
10. AND FINALLY, never, never, never and I mean never, upsize or supersize anything

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