



## Weight Manager

### For Sensible Weight Loss, Simply Smartsize Your Portions

What do you do if you're carrying around extra pounds, but visions of calorie charts and carb calculators give you nightmares? Make how *much* you eat, not *what* you eat, your top priority.

**Portions Are the Problem.** Expanding portions, not carbs, are what's making Americans fatter, says Lisa R. Young, Ph.D., R.D., author of *The Portion Teller: Smartsize Your Way to Permanent Weight Loss* (Random House, 2005). We're so used to supersizing that we no longer have a sense of normal-size servings.

To make her point, she asks if you would even *think* of eating five slices of bread for breakfast? No way! But many of us don't think twice about eating a bagel or muffin, which over the

years has ballooned to equal five slices of bread. Finish that muffin and you've already used up nearly all your recommended daily grain servings.

**Learn Your Portion Personality.** Portion-size awareness is the first step toward weight control. *The Portion Teller* uses visuals (deck of cards, baseball, your own hand) to help you size up your favorite foods. Your eating style plays a big part in how you deal with food triggers, so Young offers these tips for some common portion personalities:

- **Volume Eater:** *You prefer quantity to quality.* Solution? Do both. Fill half or more of your plate with veggies and divide the rest between lean protein and

grains, preferably whole grains.

- **Special Occasion Victim:** *You entertain*

*or travel and are tempted by salty nuts, cheese and cocktails.* Solution? Plan ahead; eat fruit or yogurt beforehand.

- **See-Food Eater:** *You see others eating—at the ballpark, movies or fair—and you simply must have what they're eating.* Solution? Go for the smallest size popcorn or ice cream and share it.

- **Mindless Muncher:** *You tend to nibble all day long.* Solution? Don't eat when standing up; taste only once when cooking; keep healthful snacks on hand.

