

eat whatever you want!

Restaurant portions can be *ginormous*, but you don't need to deprive yourself or eat "diet" food—just have the right amount.



cheese pizza
like at Sbarro

Count 6 inches across.

A typical slice of thin- or medium-crust pizza is usually six inches across—the right portion size for a meal. Just stick to plain slices and veggie toppings most of the time. Deep-dish pizza or toppings like pepperoni or sausage can add lots of extra grease.

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Get yummy (and healthy!) recipes at seventeen.com/allaccess.

fettuccine alfredo
like at Olive Garden

Divide the plate into thirds and share!

A healthy serving of pasta with a rich, creamy sauce is a cup and a half (about the size of two fists). But restaurants like Olive Garden usually serve two to three times that, so share the dish with friends, and order soup or salad for a more rounded meal.

oriental chicken salad
like at Applebee's

Eat half; take the rest home.

The salads you get at places like Applebee's taste great, but they aren't always the healthiest, especially when the chicken and noodle toppings are fried. They usually serve enough for two full meals, so eat just half.

cheeseburger
like at T.G.I. Friday's

Eat until you're full.

Burgers should be made with four ounces of meat, but since restaurants serve all different sizes, it can be hard to judge if you have the right portion. So take your time eating, and when you feel full, just stop. (A third or a half of a burger will often be enough!)

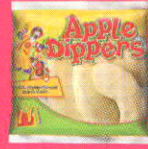
HOW TO TELL WHEN YOU'RE FULL:
If you eat slowly, your body actually knows exactly how much food it needs. It's had enough when you start to feel satisfied—like you could eat just one or two more bites—but not so stuffed that your jeans feel a little tight!

STILL LIVES: (PIZZA) FOODCOLLECTION.COM/ALAMY; (PASTA, SALAD, AND BURGER) PHILIP FRIEDMAN/STUDIO D; ('THE SIZE IS RIGHT' - FOODS) COURTESY OF COMPANIES; FOOD STYLIST: JOYCE SANGIARDI.

THE SIZE IS RIGHT!



OSCAR MAYER DELI FRESH SINGLES
If you're starving between meals, roll up some lean turkey slices. The protein will make you feel full!



MCDONALD'S APPLE DIPPERS WITH CARAMEL
A sweet dip makes these healthy apple slices more fun, and you get just enough, so it isn't sugar overkill!



LAUGHING COW LIGHT CHEESE WEDGES
You can spread this on crackers, toast, or veggies (it's delicious with celery), or just eat one straight!

★ **17 EXPERTS:** Lisa R. Young, R.D., Ph.D., a nutritionist in New York, NY, and the author of *The Portion Teller Plan* (Broadway Books, 2005); Lisa Lillien, founder of Hungry-Girl.com.

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