

Smaller Plate to Lose Weight
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60 second radio spot

Reader One:

Food portion sizes have doubled and in some cases even tripled over the past 50 years.

Along with growing food portions the sizes of bowls, plates, and drinking glasses are growing too causing us to fill them up and over eat.

Bigger plates and bigger portion sizes fool us into eating more food, and we don't even realize it.

But, what is known is that obesity rates have doubled along with the size of plates and portions.

So, what can be done to reduce the portion sizes we consume?

Use smaller dishes, to avoid "accidentally" eating portion sizes that are too big

Order smaller entrees or split a full size meal with your dining companion.

Or plan to take half of your meal home before you even start eating.

Keep in mind that maintaining a healthy weight means eating the right foods in the right portions.

So, this new year try using a smaller plate to lose weight.

For more information visit EscambiaHealth.com

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