

Name \_\_\_\_\_

## Portion Control: The Key to a Healthy Weight

### Short Answer

1. Explain the difference between a portion and a serving size.
2. Why do many restaurants serving oversized portions pose a challenge to practicing portion control?
3. Name one potential benefit of practicing mindful eating as part of portion control.
4. How can using measuring cups and a kitchen scale help with portion control?
5. Share a personal tip or strategy you would use to practice portion control when dining out at a restaurant.

