

Name _____

Portion Control: The Key to a Healthy Weight

Short Answer Key

1. A portion is the amount of food you choose to eat at one time, while a serving size is a standard measurement used to describe how much food you should eat to meet your nutritional needs.
2. Many restaurants serve oversized portions, which can lead to overeating, weight gain, and a higher risk of health issues like obesity and heart disease.
3. One potential benefit of practicing mindful eating is that it encourages paying attention to your body's signals of hunger and fullness, helping you avoid overeating.
4. Using measuring cups and a kitchen scale can help with portion control by accurately measuring the amount of food you eat, ensuring you stay within recommended serving sizes.
5. Answers may vary but could include strategies like sharing an entree with a friend, asking for a to-go box at the beginning of the meal, or choosing smaller portion options when available.

