



VIS Nutrition Tip: Portion Sizes

Tuesday, 28 January 2014

It is a well-known fact that we are eating larger serves as a population than our great grandparents.

They may have used butter and eaten potatoes and chops at their meal, but they ate a lot less and didn't sit at a desk nibbling on rice cakes or dried fruit in between. So how do we know what portion is right when most restaurants and current dinnerware suggests these large serves are "normal"?

Firstly the size of our dinnerware has increased, so perhaps it's time to serve up meals on entrée size plates or a pasta meal in a breakfast bowl. Secondly if you are going to snack, plan and portion them out into separate containers and match them to your days activities, for instance 1-2 small snacks should suffice for a day of no exercise whilst 3-4 may be required to fuel and recover around training. Another tip for getting the most out of a smaller portion, is take your time to sit down and enjoy your meal with full awareness, your body will be more satisfied as a result.