

A Balanced 9-inch Plate

Vegetable/Fruit

1/2



Protein

1/4



Carbs/Healthy Fats

1/4



Not only should we avoid eating right out of the packaging, we should use dinnerware that limits our portions because we have a psychological tendency to eat everything in front of us, regardless of whether we really need to or not. Instead of using the huge 12-inch plates, use 9-inch plates so that you don't over-serve yourself.

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