How to Weigh Your Food

Portion control is one of the best things you can do to help lose weight and lower your risk for heart disease and diabetes.

One way to control your portions is to weigh your foods.

Do this for snacks as well as meals.

First, read the food label to find the correct portion for you.

Then use a food scale or measuring cup to measure the correct portion.

Weighing and measuring your foods can help you learn to eyeball your serving sizes so you can control your portions anywhere – at home or on the go!

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