



# 30-Day Portions Challenge



Who doesn't love some tasty food? A good meal is one of the best pleasures in life!

Even better, delicious food can help keep you healthy. It doesn't have to be all salads and veggies either—you can enjoy all your favourite treats and snacks along with healthier foods. The key is to keep your portions in harmony.

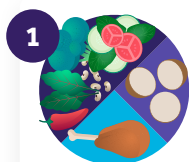
When you're ready to start your challenge, your mission is simple: **Arrange at least one meal a day using balanced portion sizes**. It could be homemade, store-bought or ordered out. We've got tips below to help guide you. And don't worry if you miss a day—the goal is just to practice with getting healthier portions as often as you can.

Ready to get started? Let's dig in!



## Check off all the days when you had healthy portions for at least one meal.

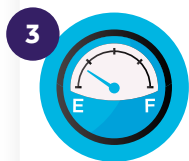
Click the squares on the left side of each day, or print this out and fill them in by hand.



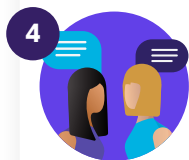
Let's start things off right. What's the goal for healthy portion sizes? Use our **Balanced Plate** model to give you an idea of what ideal portions look like.



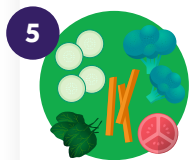
Why is eating balanced portion sizes important to you? Are you trying to lose weight? Managing a chronic condition? Want more energy to keep up with your family? Something else? Whatever your reason is, **write it down and keep it handy**.



It's all too easy to graze on food even when we're not hungry. Check in with yourself using **The Hunger Gauge**. This chart can give you a better idea how to measure your hunger so you can choose when to eat and why.



Is there someone in your life who's also interested in eating healthier? Reach out to a **healthy eating buddy**! You can check in with each other, help each other stick to your portion goals and even compete with each other if you like.



Filling half your plate with non-starchy veggies can be a challenge. So here are some easy tips to **add veggies to your everyday meals**.

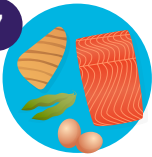


Carbs are delicious. But how much is the right amount for a balanced meal? Check out our healthy grain portions guide to help you right-size your starches.

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Yesterday you covered grains. Next up: **healthy protein portions**. Give this article a look and see if your protein portions are in a healthy range.

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You've read about grains. You've read about proteins. Today, let's cover some **healthy fats and their best portions**.

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A great trick to help you with getting proper portion sizes is to **use a 9-inch plate (about 23 cm)**. That may seem small at first, but it's plenty of food!

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With yesterday's action to use a smaller plate, you may want a little help filling up. Here's a quick guide on **how to feel full with a smaller plate**.

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Some foods, like non-starchy veggies, are things your body can use all the time. You can eat as much of them as you want! Other foods are treats to enjoy here and there. Here's a guide to help you **plan a healthy meal** with "always," "in moderation" and "on occasion" foods.

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While you're thinking about yesterday's action, don't fret. You don't have to deprive yourself of all the treats you love! Here's an approach to how you can **savour your favourite treats while staying on track** with your health goals.

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Having trouble eyeing your portion sizes? Use your hands! **Carb portions** (like pasta, rice or potatoes) should be kept to the **size of your fist**. Aim to keep your **protein portions** (like fish, chicken or beef) to the **size of your palm**—not including your fingers. And **non-starchy veggies** can be the **size of your whole hand, fingers and all!**

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Mindful eating is a great way to slow down, enjoy your food more and feel full with less. Give this quick **mindful eating activity** a try for yourself. You may be surprised at what you notice.

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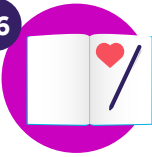


Most of us overeat from time to time. But when you're aware of the triggers that make you think about eating more, it's easier to make a healthier choice. Here's a guide for **managing triggers to avoid overeating** so you can stay in the driver's seat with your portions.

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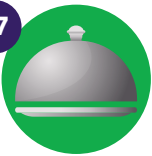


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You're halfway through! What tactics have worked for you so far? **Write down** which actions have worked for you to "healthify" your portion sizes. Keep repeating those tactics so you can finish this challenge strong!

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Need a reminder for tactics to try? Check out our article **Portion Sizes: Tips and Tools** for a quick refresher.

18



Cooking for many people can make it tricky to eat proper portion sizes. So it helps to create well-rounded meals in the first place. Here are some tips for **balancing family meals**.

19



Don't usually cook for a family? There are also some good tricks for balancing your portions even when you're eating solo. Here are some **tips and recipes for tasty one-person meals**.

20



Restaurant meals can be delicious. They can also come in *huge* portions. Check out our **dining out tips and tricks** to help you stay in control, even if you're not the one in the kitchen.

21



"Vacation calories don't count!" You may have heard this before. Unfortunately, your body can't tell the difference between everyday routines and "vacation time." But the good news is we have some simple ways to **stick to a healthy plan while you're on vacation**.

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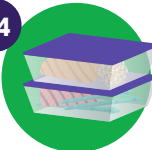
We often have people in our lives who tell us to eat more. "You aren't eating enough," they might say. "Have another helping." They mean well, of course, but it's important to set healthy boundaries. Here's how you can navigate the food pushers in your life.

23



Do you feel like you're still hungry after you eat? Even if your portions are in proper balance? Check out these reasons you might be hungry after a meal and see if any of these tips help you feel more full.

24



Cooking at home is the easiest way to control your portions. It can also feel like it takes a lot of time. Luckily we've got some tried-and-true ways to **make time for meal prep**—so you can achieve your health goals and enjoy more time for other things.

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Do you have a craving for a special treat? Relish it with the **Three-Bite Rule**. The idea is to fully enjoy three bites of a snack or treat so you can feel satisfied without pressure to finish the whole thing. Give it a try and see how you feel.

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An occasional drink can be a nice treat. And of course, portion sizes apply to alcohol, too. If you drink alcohol, these tips can help you **keep your alcohol portions in balance** with your other foods and beverages.

27



Did you overdo it on the portions? Don't let it derail you. Many of us overeat without meaning to. Here are **four ways to feel better after overeating**.

28



If you're like most people, you may find it hard to stick to your eating plan if everyone around you eats lots of desserts, fast food and salty snacks. Try some of these ideas to eat healthy when others don't.

29



You're almost to the finish line! Wrap up with another great way to keep your portions in balance: **Drink lots of water** today. This can help you feel more satisfied, and can keep your body's natural rhythms in sync.

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Congratulations, you finished the challenge! **Write down all the tactics that worked for you to get healthy portion sizes**. Practice these habits often so you can keep up the great work and achieve your health goals.