No matter how healthy you eat, you can still put on weight if you're eating too much.

Did you know that overeating by just 100 calories a day can lead to an 18 lb increase in weight in a year? That adds up to nearly four stone in just five years.

To make matters worse, food serving sizes today are far bigger than they were 30 years ago – this means we're consuming a lot more than we used to.

In fact, many of us no longer know what a normal portion is. A problem known as portion distortion.

Portion control is simply about eating the food you enjoy to what you eat every day.

When we're talking about reducing portion sizes it's probably helpful to know the difference between a serving and a portion.

A serving is a standardised, measured amount of food or drink. It can usually be found on the front of food packaging along with other nutritional information.

A portion is the amount of food that you actually choose to eat for a meal or snack. This may be more, or less, than a recommended serving.

Many foods that are advertised as a single portion often contain multiple servings - normally the food label will tell you how many servings the food contains. Whether you're eating in or dining out, there are still ways that you can keep control over how much you're eating.

We've launched a new campaign and it all starts with a very simple message - be #PortionSizeWise

We're encouraging people to think about how much they're eating and then ask themselves if it's the right amount or too much.

Portion control is simply about eating the food you enjoy but not eating less of it. Cutting down can make a big difference to your weight and your overall health.
A small change can make a big difference. Take the two week challenge and be PortionSizeWise.

Pre-portion your foods
Don’t snack directly from a box, bag, container or drawer. Try to pre-portion your snacks to help you to stick to the suggested serving sizes.

Eat with plates and bowls
Downsize your plates and bowls to make a big difference in how you perceive your portion size. You’ll eat less but still feel satisfied.

Eat slowly
It takes about 20 minutes for your stomach to tell your brain you’re full. This can make it easier to lose weight. Put your fork down between bites and take your time.

Turn off distractions
Eating in front of the TV or playing video games while you eat really messes with your hunger levels and can make you overeat. Turn off your devices to help you to make smart food choices.

Don’t skip a meal
Stick to your daily meal routine to keep your appetite under control throughout the day.

Downsize your portions
To avoid eating too much, choose a smaller portion size as your main course instead of one of the larger mains on the menu.

Avoid fried food
Look out for grilled, roasted, poached, steamed or baked foods instead of deep, sharp, pan fried, breaded or foods with pastry bases.

 Beware of high-calorie snacks
Even healthy snacks can be high in fat and sugar. Watch out for calorific dressings and toppings such as creamy sauces, cheese and bacon.

Share dessert
If you’re tempted to have a dessert, try sharing it with a friend. Choose a fruit based dessert, a sorbet or a low-fat ice cream instead of cream.

Eating in
When you’re at home it can be hard to make the right decision on portion sizes.

Our tips will help you enjoy going out for a meal without breaking the calorie bank.

Read the menu online
Look up the restaurant’s menu to work out the calorie options and figure out your expected calorie intake.

Our Heart of Derbyshire scheme lists local restaurants and takes the stress out of choosing smaller portions and see less salt, fat or sugar snacks why not try balancing your diet.

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Five food groups make up a balanced diet.

Bread, rice, potatoes, pasta and other starchy foods
These foods provide the body with energy. They are often rich in fibre and can also stop you from overeating.

Fruit & vegetables
Fruit and vegetables offers an array of vitamins, minerals and fibre as well as antioxidants and is part of a healthy diet. They can help us feel fuller for longer. Why not try a small handful of mixed nuts or a tablespoon of seeded-mix on top of flat bread or oat cakes?

Milk and dairy
Snacking on low fat dairy options can help make sure you get all the nutrients you need in your daily diet and create a healthier you.

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Snacks can be a good option for snacks options can help make sure you get all the nutrients you need. You can make sure you get all the nutrients you need by having a variety of fruits, vegetables, whole grains and low-fat dairy products.

Beans, nuts and seeds
These foods are packed with protein and can provide you with long-lasting energy.

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