PORTION CONTROL TIP NO.2

USE SMALLER PLATES FOR CALORIE CONTROL

When using large plates, normal portions look small and leave open space – most often filled with more food. On the other hand, when using small plates, normal portions appear abundant and leave little room to add more. This can reduce both calories as well as food waste.

Kristie is the Registered Dietitian for Columbia Dining. Ask Kristie for appropriate portions of more of your favorite foods.

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