

# PORTION CONTROL

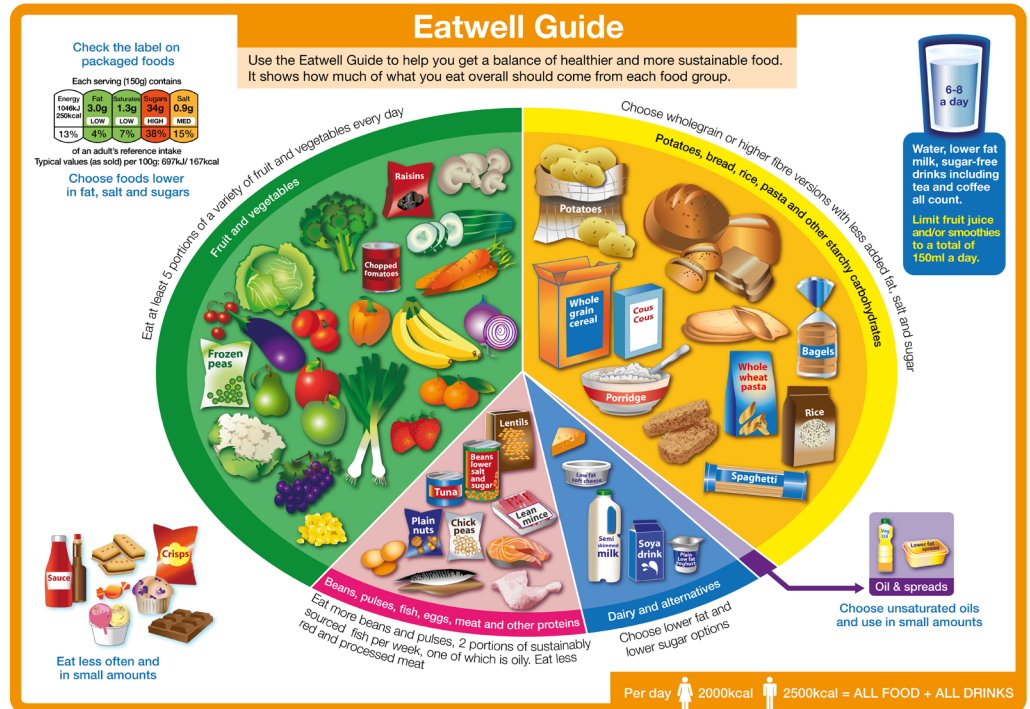
Obesity is a growing epidemic, as more people than ever are struggling to control their weight.

Increased portion sizes are thought to contribute to overeating and unwanted weight gain. Research indicates that many factors can influence how much you eat. People tend to eat almost all of what they serve themselves. Therefore, controlling portion sizes can help prevent overindulging.

## The Eat Well Plate

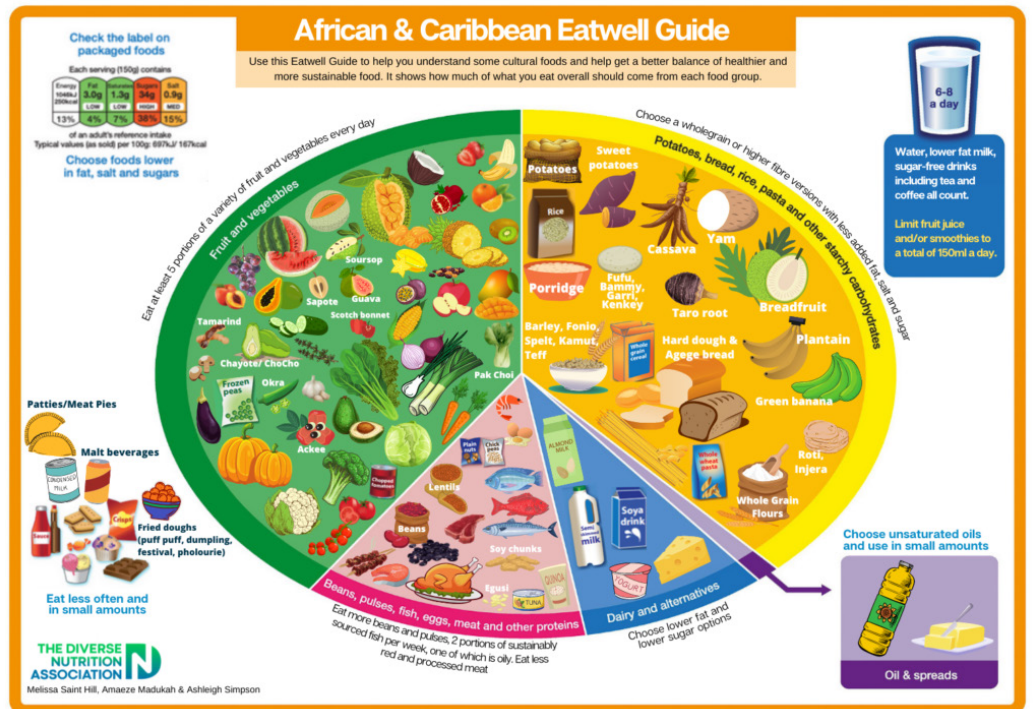
Use the Eatwell plate to help you get the right balance. It shows how much of what you eat should come from each food group.

There are multiple Eatwell plates for each culture or ethnic background.



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# Vegan Eat Well Plate



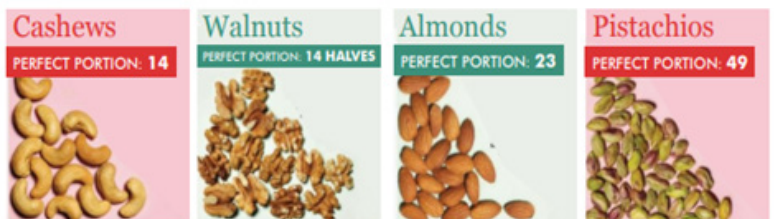
## Visual Hand Guide to Portion Sizes



### Benefits of eating Nuts

- Lower blood sugar
- Lowers BP
- Lower cholesterol
- Reduce hunger.
- High in magnesium

### Unsalted Nuts Portion Sizes



## Meal Planning and Batch Cooking

Meal planning and batch cooking can significantly enhance your weight loss journey.

### Why Should You Consider Meal Planning?

Firstly, portion control becomes easier when you plan your meals in advance. By dividing recipes into recommended serving sizes and saving leftovers for lunch or dinner, you can effectively track your calorie intake throughout the week.

Additionally, meal planning saves time. With a shopping list based on your planned meals, you can complete your grocery shopping in just one trip per week. Preparing your meals in advance can also streamline your evenings.

Moreover, it can save you money. Making a single trip to the supermarket helps you avoid the temptation of overspending that often comes with multiple visits.

Finally, meal planning helps prevent food waste. By purchasing only what you need for the days ahead, you reduce the chances of food spoiling.

### Batch Cooking Inspiration

#### Chilli Con Carne

Each serving provides 420 kcal, 43g protein, 22g carbohydrates (of which 9.5g sugars), 12g fat (of which 4g saturates), 9.5g fibre and 1g salt.

#### INGREDIENTS (6 PORTIONS)

2 tbsp olive oil  
2 onions, chopped  
2 garlic cloves, crushed  
1kg/2lb 4oz lean beef mince  
2 x 400g tins chopped tomatoes  
3 tbsp tomato purée  
2 red chillies, thinly sliced, or 3–4 tsp dried chilli flakes  
1 tsp ground cumin  
1 tsp ground coriander  
1 cinnamon stick or ½ tsp ground cinnamon  
good shake of Worcestershire sauce  
1 beef stock cube  
2 x 400g tins red kidney beans, drained and rinsed  
1 large bunch fresh coriander leaves, roughly chopped  
salt and freshly ground black pepper

#### METHOD

1. Heat the oil in a large, heavy-based saucepan with a lid and fry the onion and garlic until

softened. Increase the heat and add the mince, cooking quickly until browned and breaking down any chunks of meat with a wooden spoon. Pour in the red wine, if using, and boil for 2–3 minutes.

2. Stir in the tomatoes, tomato purée, fresh chilli or chilli flakes, cumin, ground coriander, cinnamon and Worcestershire sauce and crumble in the stock cube. Season well with salt and pepper.
3. Bring to a simmer, cover with a lid and cook over a gentle heat for about 50 minutes to 1 hour, stirring occasionally until the mixture is rich and thickened.
4. Add the kidney beans and fresh coriander. Cook for a further 10 minutes, uncovered, before removing from the heat and add any extra seasoning if necessary.
5. Serve with either wholegrain rice, wholegrain tortilla wraps or a jacket potato.

Leftovers can be frozen and kept for another day.



## Root Vegetable Soup

Each serving provides 223 kcal, 4g protein, 31.5g carbohydrates (of which 18g sugars), 7g fat (of which 1g saturates), 10g fibre and 1.4g salt.

### INGREDIENTS (4 PORTIONS)

2 tbsp oil (any type)  
2 onions, roughly chopped  
800g/1lb 12oz root vegetables, any kind (see tip below), peeled and cut into roughly 2cm/¾in chunks  
2 garlic cloves, thinly sliced  
2 chicken or vegetable stock cubes  
ground black pepper  
freshly chopped parsley, to serve (optional)

### METHOD

1. Heat the oil in a large non-stick saucepan and gently fry the onions for 6–8 minutes, or until softened and beginning to brown, stirring regularly.
2. Add the vegetable chunks and cook for 5

minutes more, stirring occasionally. Stir in the garlic and cook for a few seconds more.

3. Crumble over the stock cubes, add 1 litre/1¾ pints water and bring to the boil. Reduce the heat to a simmer, cover the pan loosely with a lid and cook for about 20 minutes or until the vegetables are very soft, stirring occasionally. Some will soften more quickly than others. Remove the pan from the heat
4. Blitz the soup with a stick blender until very smooth and season with plenty of ground black pepper. Add a splash of just-boiled water if the soup is a little thick.



Leftovers can be frozen and kept for another day.

## Overnight Oats

Each serving provides 223 kcal, 4g protein, 31.5g carbohydrates (of which 18g sugars), 7g fat (of which 1g saturates), 10g fibre and 1.4g salt.

### INGREDIENTS (4 PORTIONS)

1 & 1/3 cups milk  
1 cup Greek yogurt  
1 cup rolled oats  
8 teaspoons honey  
8 teaspoons chia seeds  
1 teaspoon ground cinnamon or more to taste  
1 cup fresh blueberries

### METHOD

1. Combine milk, yogurt, oats, honey, chia seeds, and cinnamon in a 1/2-pint jar with a lid; cover and shake until combined.
2. Fold in blueberries.
3. Cover and refrigerate, 8 hours to overnight. Enjoy!

