## Energy, Balance, Action

Live your Life.

Why is it a good idea to eat smaller amounts?

- We need to eat the right amount of **calories** to **control our weight**. Many people eat **portions** that are **too large** because of the size of food packages and restaurant meals.

- When we eat **more calories** than our bodies need, it gets **stored as fat**.

- Larger portions lead to **extra weight** which increases your risk for multiple health problems including **Type-2 diabetes**, **heart disease**, and **high blood pressure**.
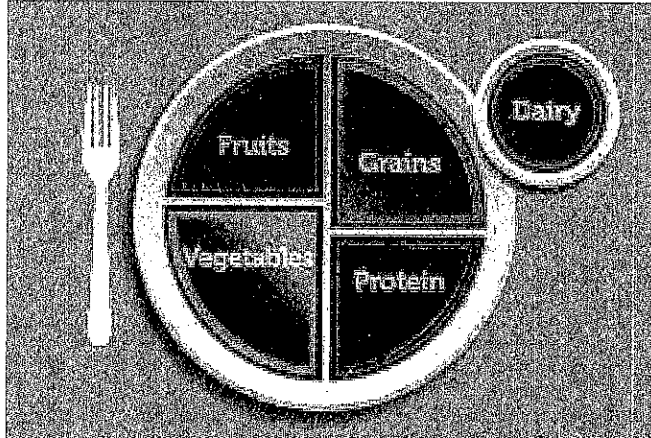
How can I enjoy eating smaller amounts?

- **Sharing meals** at a restaurant can be fun and improve social bonds

- **Saving half** of a restaurant meal means you get to enjoy it again **later**

- Buying and cooking smaller amounts **saves money** on groceries

- Eating in **moderation** means you can **savor** the food you enjoy for longer