Eating Right-Sized Portions

Easy, convenient ways to use portion control to help manage your weight.

Portion-controlled, single-serving frozen meals from Healthy Choice® can contribute to eating better and living a healthier lifestyle. In fact, Healthy Choice offers 55 different options ranging from 180 to 420 calories per meal.

Benefits of Healthy Choice meals:

- Low in fat and saturated fat
- Good-for-you whole grains
- Great-tasting meatless options
- Sodium controlled
- Portion controlled, with calories clearly printed on the front of the packages

Food you love, perfectly portioned

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Problem: Larger portions

Americans are consuming more calories, and larger portions may be partly to blame.

Eating large portions can lead to overeating. And when we eat more calories than we burn, it can lead to weight gain and obesity. The Dietary Guidelines for Americans recognize the imbalance between “calories in” and “calories out,” which can be linked to:

- Increased portion size
- Greater consumption of high-calorie foods
- Decreased activity levels

Balancing the calories you eat with the calories you burn is key to maintaining a healthful weight. And portion control can be an important tool for helping you achieve this balance.

Solution: Portion-controlled frozen meals

A first step in successful portion control is learning what appropriate portion sizes look like. A simple and convenient way to manage your portions is to replace your usual lunch or dinner with a pre-portioned, single-serving frozen meal.

Single-serving frozen meals:

- Help you identify correct portion sizes
- Offer fewer calories than a typical meal you would prepare at home or eat out*
  - Healthy Choice® single-serving frozen meals contain fewer than 350 calories. An average typical meal prepared at home or eaten out contains 650 to 700 calories.
- Provide essential ingredients from a variety of different food groups — from fresh-tasting vegetables and proteins to whole grains.

*NHANES 2011-2012, age 40-49, males & females.

100% Natural Café Steamers
Tortellini Primavera Parmesan
Calories: 250

Healthy Choice Café Steamers
Unwrapped Burrito Bowl
Calories: 270

Single-serving frozen meals can help you identify correct portion sizes

Look for calories on the label.

Portion-controlled frozen meals work

In controlled research studies, people who ate single-serving frozen meals compared to those who prepared their own meals were better able to maintain their reduced calorie diets, ultimately achieving greater and more sustained weight loss. Incorporating calorie-appropriate, pre-portioned frozen meals as part of an overall approach to weight management can also provide access to a greater variety of nutritious food groups. Plus, frozen meals can be a convenient and affordable option for those who have limited time or cooking skills.

Weight loss with and without single-serving frozen meals

Summary of 4 studies with total of 828 participants.