

The Best Portion Control Hack to Avoid Overeating

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0MCL3MNHDNY](https://www.youtube.com/watch?v=0mCL3mnHDNY)
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SUMMARY

The speaker shares mindful eating tips focused on portion control and healthy meal composition, emphasizing the importance of self-serving and incorporating vegetables. They advocate for eating salads before main meals to enhance digestion and encourage self-reflection before taking second helpings.

- *Eating only one roti is a personal choice, not a rule.*
- *Practice mindful eating without distractions.*
- *Cut roti into halves to create the illusion of larger portions.*
- *Serve your own plate and avoid leftovers from others.*
- *Aim for 50% of your plate to be vegetables, with a portion of protein and carbs.*
- *Consume salads at least 30 minutes before main meals to boost digestion.*
- *Reflect on whether you can match your second helping of rice with equal portions of dal and vegetables before serving.*

for parenting tips celebrity interviews recipes conversations with experts diys and lots more subscribe to kid stock press now the question i'm asked the most is why do i eat only one roti first up there's no rule like that second eat mindfully with zero distractions next up is make sure that every piece of roti that you cut you cut it into another half so you feel like you're eating a lot more next up don't use or eat leftovers from

anyone else serve your plate yourself make sure that 50 of it is vegetables a portion of a protein which could be dal or chana or rajma whatever and then your rice or roti next up make sure that you at least eat your salads 30 minutes before your main meal because that will ignite your digestive fire and you will be able to digest your food much faster and better and feel fuller

also very important is that every time you feel like taking a second helping of the rice or the roti ask yourself this question that am i going to be able to eat the same portion of dal and sabzi if the answer is yes then you definitely should