

weightwatchers weekly

July 9-15, 2017

Be a Party Boss

Socialize smart
with our tips for
estimating portions
away from home.



Be a Party Boss

Being able to eyeball your portion sizes is a key skill, especially when you're enjoying yourself at cookouts, ball games, and other events that are food- and drink-centric. Sounds tricky? Not to worry! Practice weighing and measuring at home—and take up the “hand-y” habit of estimating portions using your own hands or other objects (say, a deck of cards or computer mouse) as stand-ins for

measuring tools. Do it often and you'll develop a good eye for the right portion.

How it helps: Estimating helps boost awareness of food choices and amounts, and awareness can help with weight loss. Not only can it boost accountability, but it can reassure you if you think you've overdone it: Estimating and tracking—even after the fact—can often show it wasn't as dire as you thought!



BEAT THE BUFFET

Those all-day parties with food everywhere—yikes! Some strategies to avoid the mindless graze:

Create a game plan to use a set amount of SmartPoints® values per hour or so, after you've had your main meal.

Stay busy! Play Frisbee, offer to make an ice run, or help the host by cleaning up abandoned cups and plates.

Be realistic: Those chips have been sitting out for hours—how good are they really going to taste? Ditto the whipped-cream-topped pie, the no-longer-hot wings, and the mayo-based salads.

WHAT TO DO: TEST YOUR P.Q. (PORTION QUOTIENT)

1 Carrots and ranch dip are your picnic go-to. How can you keep track of your dip dipping?

- A 1 fingertip = 1 tsp
- B 1 finger = 1 tsp
- C It couldn't have been more than a tablespoon total, right?

Answer: A. A teaspoon is roughly the size of your index fingertip to first knuckle. Keep track by spooning a portion on your plate, and dipping from there.

2 Mmmm, dry-rub BBQ chicken breasts! How big is a 3-oz serving?

- A Two fingers
- B Your palm
- C Half an 8-inch paper plate

Answer: B.

3 The party cocktail has vodka and tequila, plus grapefruit juice. For a 12-fl oz plastic cup that's $\frac{2}{3}$ full, you estimate:

- A 1 fl oz of alcohol, 8 fl oz juice
- B 2 fl oz alcohol, 10 fl oz juice
- C 3 fl oz alcohol, 5 fl oz juice

Answer: C. Alcohol is usually measured by shot—1.5 fl oz—so assume two shots. (A strong drink! You could alternate with club soda.)

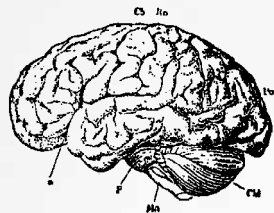
4 Ice cream night! How big is a half-cup scoop?

- A About half the size of your fist
- B Golf-ball size
- C A “small” cup at the ice cream shop

Answer: A. “Small” can be wildly different sizes.

THIS WEEK'S FOLLOW-UP

Estimate portion size and SmartPoints value of a favorite party food and/or drink. Then check yourself with cups, spoons, or a food scale.



THINK AGAIN

Shift your mindset just a bit, and you'll be a party boss all summer long.

UNHELPFUL

"I can't socialize and still lose weight. I have no idea how many SmartPoints are in my favorite foods!"



HELPFUL

"I can go to parties and still lose weight—I'll estimate SmartPoints and track what I eat. Sure, it might not be exact but it'll help me stay on plan, and enjoy the party."

UNHELPFUL

"Estimating isn't good enough. I need to know exactly how many SmartPoints I've eaten or I can't eat anything!"



HELPFUL

"I won't always know exactly how many SmartPoints are in a food I haven't prepared. That's OK—I still want to enjoy social events, and estimating will help me stay connected to my plan and on track."

YOUR TURN! What **unhelpful** thought have you had about socializing on plan? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

Hand at right by Thinkstock.

INSPIRATION FROM OUR COMMUNITY!



"SUCCESS ISN'T JUST REACHING THE GOAL WEIGHT; IT'S EVERYTHING YOU DO LEADING UP TO IT." —OPRAH

"At dinner I guesstimated on meat using my palm as a 3-oz guide."
—SHUGABOB*



"AT PARTIES, I DON'T DEPRIVE MYSELF—OTHERWISE, THE FOOD WILL STAY ON MY MIND. I TAKE A SMALL SCOOP SO I GET THE TASTE WITHOUT OVERDOING THE PORTION."
—MONISHA

"It's so funny to watch TV chefs free-pour oil and say it's just a tablespoon! Umm, more like ½ cup!"
—DARBYANN777*

*Posted on Connect on the mobile app (for subscribers).



What's your best **#PartySmart** advice? Share on Connect on the mobile app (for subscribers).



From weightwatchers.com



[PARTY EATS]

INDIVIDUAL SPICY GREEK LAYERED DIPS

No double-dipping *and* portion control!

3 SmartPoints® VALUE PER SERVING // PREP 15 MIN // SERVES 8

- | | |
|---|-----------------------------------|
| 1 cup tzatziki sauce | 1 cup diced cucumbers |
| 1 tsp minced garlic | 1 cup chopped plum tomatoes |
| 1 cup minced red onion | 10 large Kalamata olives, chopped |
| 1 cup chopped roasted red peppers (packed in water) | 4 Tbsp crumbled feta cheese |
| 12 Tbsp store-bought hummus, regular or spicy | 3/4 cup fresh mint leaves |

In a small bowl, combine tzatziki with garlic. • Line up eight 9-oz plastic cups (or small glass cups or bowls). In each cup, layer 2 Tbsp tzatziki mix, 2 Tbsp onion, 2 Tbsp pepper, 1/2 Tbsp hummus, 2 Tbsp cucumber, 2 Tbsp tomato, 1 Tbsp olives, and 1/2 Tbsp feta; garnish with mint. Refrigerate until ready to serve. Yields 1 dip per serving.

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Smart Ones

SAVORY ITALIAN RECIPES

Creamy Rigatoni with Broccoli & Chicken



17g of protein

260 4g 6g 17g
Calories Fat Fiber Protein



SAVOR YOUR JOURNEY

Smart Ones® offers great-tasting snacks and meals to help you reach your goals, so you can enjoy your journey as much as the destination.

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