

Testimonials

"I am trying to lose 20 pounds and The Portion Plate is exactly what I need to visualize what I am getting ready to eat and how much I should be eating. I work in the wellness department at Carteret General Hospital and we use many avenues to help people lose weight (Weight Watchers, Hypnosis, ect...). Visualization is the best."

Rosey Liles, Carteret General Hospital

"I'm working towards reaching a healthy weight and have dropped 25 of my 75 excess pounds so far. The plate is immensely helpful as it keeps me honest and encouraged! Focus matters, as does intent. The plate is my ally in resetting my intention on my focus each time I see and/or use it."

Leah Palki Be, Lakewood Colorado

"Meal time is so much better now with the Portion Plate. I use it with my day care children and family. They now eat the right amounts which makes a difference in many ways. They snack less, eat better at meals, and are happier and have more energy!"

Terri Carmon, Cortland New York

"My personal goal was to not only increase my exercise, but not be tricked into fad diets. I know the only healthy way to lose weight is to go back to what we all learned as children: Eat right! The plate gives the visual I needed to put what I knew into action. It is a brilliant way to put knowledge into practice, a fun way to bring health conversation to friends and family, and an innovative way to teach children how to start on the right foot! Especially where in North America portion control in restaurants and even grocery stores is nonexistent. We need to tackle this problem of obesity and it is not going to happen in crash diets, but in eating nutritious food and the right amount of it. May we eat to live...not live to eat!"

V. Corbett, Gordon College

"The Portion Plate is a simple, but great idea. It is so easy to overload a plate with too much food (waste not want not philosophy instilled in me as a child). The first time I used my Portion Plate, I deliberately chose the smallest piece of salmon, and was amazed that it overflowed on both sides of the plate...hardly room for anything else! So I could SEE instantly that my portions were too big. I am buying one for all my friends."

Helen Porter, McLean Virginia

"I am an RN who teaches nutrition to the Department of Mental Retardation population and direct care staff in southeastern Massachusetts. I use your Portion Plate example with EVERY class I teach...it's excellent!"

Candace Miller RN, Fall River Massachusetts

**For more information or to place an order, please
visit www.theportionplate.com or call toll free
1.866.765.0386 8am-8pm, M-F, EST.**