

KOURTNEY'S HUNGER-FREE DIET

Instead of cutting out foods or counting calories, Kourtney is using portion control to beat the bulge. "It's a plan you can live with for the long-haul," explains Dr. Lisa Young, author of *The Portion Teller*.

HER FAVORITE FOODS

HER PERFECT PORTION SIZE



FRESH FRUIT

FEAST ON FRUITS

After craving potato chips and fruit during her pregnancy, a friend tells OK! that Kourtney has "stuck to the fruit," since giving birth. "If she wants to eat more fruit so she'll eat less of something else, that's not really a problem," explains Dr. Young. "For banana, stick to a cup. For berries, I'm not too worried if she eats more."



ONE CUP



BAGEL + CREAM CHEESE

BREAD ISN'T BANNED

When grabbing food on the go, Kourtney often opts for a bagel with cream cheese. Mindful of today's super-size store-bought bagels – which can contain an entire day's worth of carbohydrates in just one serving – Dr. Young says: "What I tell people is either eat half a bagel or buy the mini bagels that look like hockey pucks or yo-yos."



YO-YO



SUSHI

SNACK ON SUSHI

"She's eating tons of sushi now, too," says the pal. "She and Scott pick it up three times a week." Dr. Young advises Kourtney to opt for "No more than two rolls, assuming one roll is 6 pieces. One roll of sushi is probably going to have 2 ounces of fish and a half a cup to a cup of rice. Three ounces is like a deck of cards."



DECK OF CARDS



SPAGHETTI

PASS THE PASTA

Kourtney never says no to mom Kris Jenner's homemade spaghetti. "If it's the main dish, the goal is to make it look bigger than it really is," says Dr. Young. "The way to do that is to add a lot of veggies and tomato sauce. A baseball of spaghetti and a baseball of veggies and a half a baseball of sauce is a real portion."



BASEBALL



PINKBERRY

INDULGE A SWEET TOOTH

"I kinda want Pinkberry," tweeted Kourtney recently. The new mom has learned to satisfy her sweet tooth with "frozen yogurt for dessert." When hitting the fro-yo store, Dr. Young suggests choosing "the smallest size they sell. A cupped hand is the equivalent to around four ounces, or a half a cup."



HANDFUL