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QUICK TIPS

- Eating with one other person increases how much we eat by 30-35%
- Switching from short, wide glasses to tall glasses can reduce your liquid calorie intake
- Slow down by using chopsticks to eat your meal

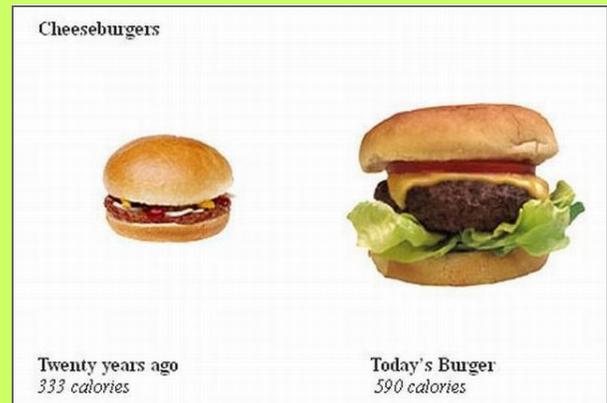
Portion Distortion

What is portion distortion?

Over the past few decades, the portion sizes of our foods have increased considerably. As the portion sizes have increased, so have our waist lines. About 65% of Americans are overweight or obese today, compared with 47% in the early 1970s and 45% in the early 1960s. A study in the American Journal of Clinical Nutrition found that when portions were shrunk by 25% (or when 250 calories a day were slashed), it was enough to help them lose a half-pound a week.

A study published in the Journal of the American Medical Association earlier this year found that average portion sizes for nearly every category of food had increased since the late 1970s, both at home and at restaurants. Likewise, a report in the Journal of the

American Dietetic Association found that many popular foods and beverages are now manufactured in sizes up to five times bigger than when they were introduced. Portions for many of these foods now exceed federal recommended standards by as much as eight times!



Portion Perfection

How do you get your portions in control? Take time at home and measure your food with measuring cups. You may be shocked to find out how much

you are actually eating. After measuring your food a few times, you'll have a better idea of what a normal portion looks like.



Do Your Portions Measure Up?



You can also use everyday objects to help estimate your portions. According to The Academy of Nutrition and Dietetics:

- A teaspoon of butter or margarine is roughly the same size as the tip of your thumb (to the first joint)

- Three ounces of meat is equal to a deck of cards



- One cup of pasta is about the size of a tennis ball

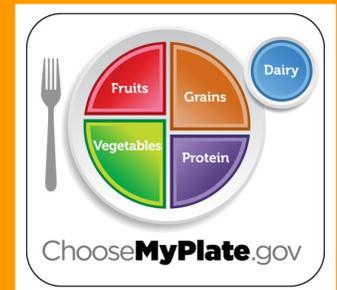
- One bagel is about the size of a hockey puck
- 1.5 ounces of cheese is the size of three dominoes
- Two tablespoons of peanut butter is roughly equivalent to a ping-pong ball
- A half cup of vegetables is the size of a light bulb

“Our plates can control calories better than we can.”

Portion Perfection with MyPlate

Recently the United States Department of Agriculture introduced MyPlate, a simple reminder for healthy eating. You can measure your portions with these recommendations:

- Make half your plate fruit and vegetables
- Make at least half your grains whole grains
- Vary your protein
- Switch to fat free or low fat dairy.



Recent studies suggest that portion distortion begins as early as three years of age



One Small Plate. One Large Step.

A person tends to over-serve onto larger plates, and because people consume an average of 92% of what they serve themselves, larger plates lead to larger food intake. Based on findings found in the book

Mindless Eating: Why We Eat More Than We Think by Brian Wansink, the Small Plate Movement™ promotes consumer awareness in regards to food intake. In particular, the Small Plate Movement™ promotes utilizing 10" diameter plates to decrease the amount of

food people eat, without having an effect on perceived fullness or satisfaction, and resulting in 22% fewer calories being served.

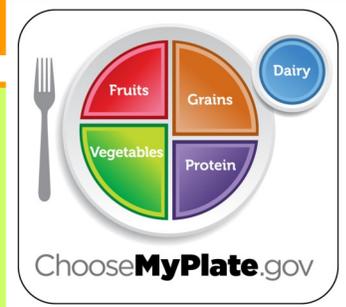
Check out smallplatemovement.org to learn more!

Nutrition Challenge Week 1 (March 5th-11th): Portion Perfection



Over the past few decades, the portion sizes of our foods have increased considerably. As the portion sizes have increased, so have our waist lines. About 65% of Americans are overweight or obese today, compared with 47% in the early 1970s and 45% in the early 1960s.

Studies show that when portions are cut by 25%, you can lose up to a half a pound a week! We are going to guide you with 5 easy steps to get your plate in shape with portion perfection. Each day you will follow a challenge to shape your plate with vegetables, fruits, low fat dairy, protein and whole grains. In addition to varying your plate with healthy options, we also challenge you to portion these foods to perfection with a few easy tips.



Day 1

Switch to a low fat (1%) or fat free dairy product at two of your three meals. If you consume three cups of milk daily, switching from 2% milk to skim milk will save you about 180 calories each day!

***Portion challenge-** keep milk to eight ounces per serving, the size of a school lunch milk carton.

Day 2

Vary your protein at two of three meals. Try a lean cut of pork, two tablespoons of peanut butter, or baked fish to start.

***Portion challenge-** keep protein to three ounces per serving, or the size of a deck of cards.

Day 3

Make half of your grains whole grains. A whole grain contains the whole seed or the whole wheat germ.

***Portion challenge-** keep whole grain pasta and rice to the size of a tennis ball.

Day 4

Make half your plate fruit and vegetables. Choose vegetables that are baked, roasted, or steamed. Choose fresh fruit or fruit that is canned in its own juice.

***Portion challenge-** green leafy vegetables are a freebie. Eat as many as you can. Keep your fruit and starchy vegetables to the size of a baseball.

Day 5

Combine all the challenges and have a well balanced meal!

