



# EAT WELL FOR LIFE: WEEK 2

## PLATES, PORTIONS AND POUNDS

Our mothers used to tell us, “Your eyes are bigger than your stomach.” There may be more truth in this familiar saying than we realize.

Here are some simple tips and secrets for weight reduction:

- **Use a smaller plate.**
- **Use a smaller spoon/fork.**
- **Put your fork down between bites.**
- **Order appetizers instead of entrées.**

All of these strategies are aimed at reducing portion sizes and controlling your calorie consumption.

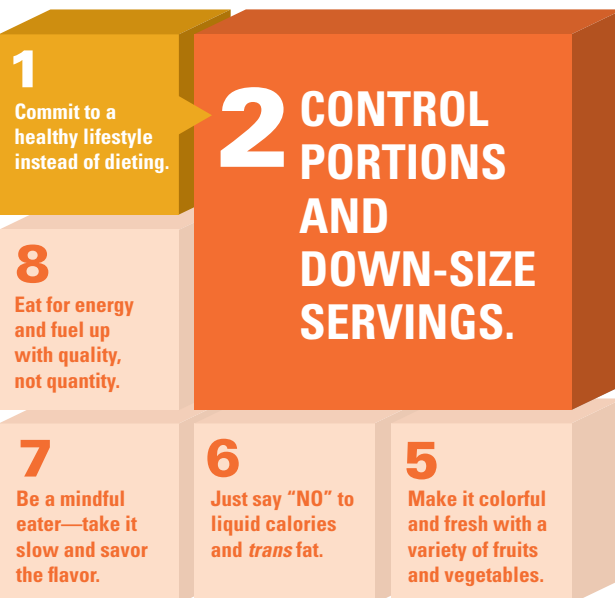
A study conducted by researchers at Cornell University and published in the September 2006 *American Journal of Preventive Medicine* showed that study participants with large bowls and large serving spoons served themselves—and subsequently ate—nearly 57% more ice cream than those with smaller bowls and spoons. In a similar study, researchers found that teenagers poured 77% less juice into tall narrow glasses than they did into short wide glasses. This simple strategy could result in a significant calorie savings throughout the year. For example, if an individual drinks 12 ounces of juice daily and reduces their consumption by switching to a 4-ounce glass, the annual calorie savings would translate into a 10 to 12 pound annual weight loss.

Other studies have documented an array of environmental factors that influence food consumption, which include a variety of foods, music and room temperature. We can now add the size of our tableware to the growing list of factors that influence food consumption and contribute to our growing waistlines.

## TIPS FOR PARING DOWN PORTION SIZES

1. Place a large dinner plate under a smaller-sized plate. This gives the illusion of a larger plate without the temptation of filling the extra space with more food.
2. If you have large dinner plates that you just can't give up, place the food only in the center section of the plate. It's actually proper etiquette NOT to place food on the rim of the plate.
3. Don't put more on your plate or on the table than you want to eat. Portion your plate directly from the stovetop.
4. Replace your monster-size glasses with small 6-ounce and 8-ounce glasses, especially if you are drinking beverages that contain calories.

(Continued on page 2.)



## CONTROL PORTIONS AND DOWN-SIZE SERVINGS



### TIPS FOR PARING DOWN PORTION SIZES (Continued from page 1.)

5. Use your fine dining serving utensils—the sizes tend to be much smaller than casual dining utensils.
6. Don't confuse cookware with service ware. Consider investing in portion-controlled commercial service ware—you'll know exactly how much you are portioning.
7. When dining out, reserve at least half of the meal for take-out, and don't order an appetizer and an entrée. Consider ordering an appetizer instead of an entrée.

## GROWING PORTIONS = GROWING PEOPLE

Portion sizes have grown over time. The trend of increasing portion sizes began in the 1970's and became more common in the 1980's and 1990's. The U.S. has among the lowest food costs in the world, so food companies and restaurants have used expanding portion sizes to win over consumers in the highly competitive food market. The growth of portion sizes has paralleled the increase in obesity rates.

According to the *National Heart Lung Blood Institute*, here are examples of how food portions have changed in the past 20 years:

- A chocolate chip cookie used to be 1-1/2 inches in diameter and 55 calories. Today's large cookie contains 275 calories. A 130-pound person would need to wash a car for 75 minutes to burn the extra 220 calories.
- A serving of pasta used to consist of 1 cup of spaghetti with sauce and 3 small meatballs for a total of 500 calories. Today's serving size consists of 2 cups of spaghetti with 3 large meatballs for 1,025 calories. A 130-pound individual would need to house clean for 2 hours and 35 minutes to burn the extra 525 calories.
- A muffin used to be 3 inches in diameter and 210 calories. Today's muffin is 5 ounces and 500 calories. A 130-pound person would need to vacuum for 90 minutes to burn the extra 190 calories.
- A bagel used to be 3 inches in diameter and 140 calories. Today's bagel is 6 inches in diameter and 350 calories. A 130-pound person would need to rake leaves for 50 minutes to burn the extra 210 calories.

## YOUR HOUSEHOLD PORTION GUIDE

PORTION SIZE	EASY GUIDE
1 teaspoon	The tip of the thumb
1 tablespoon	The whole thumb
2 tablespoons	A golf ball or 2 tea bags
1/4 cup	1 large egg or a small handful
1/2 cup	A tennis ball or a small fist
1 cup	A baseball or a light bulb
2 cups	A softball
1 ounce meat slice	A CD
1 ounce meat	An egg
3 ounces meat	A deck of cards or a woman's palm
3 ounces fish	A checkbook
1 ounce cheese	1 x 1-inch cube or 3 dice
1 ounce nuts	Ping pong ball
1 tortilla or wrap	A small salad plate
1 small roll	A yo-yo
1 bagel	A can of tuna
1 muffin	A bar of soap
1 pancake/waffle	A CD
1 baked potato	A computer mouse
1 slice of melon	Width of 3 fingers

## CONTROL PORTIONS AND DOWN-SIZE SERVINGS

**WHAT IS ONE SERVING?****GRAINS**

- 1/2 cup cooked pasta, rice, oats and other grains
- 1 slice bread or 1 ounce cereal

**MEAT AND PROTEIN**

- 2 to 3 ounces meat, poultry or fish
- 1/2 cup beans or tofu
- 1 egg
- 1/3 cup nuts

**DAIRY**

- 1 cup milk or yogurt
- 1 to 1½ ounces cheese

**FRUIT AND VEGETABLES**

- 1 medium piece or 1/2 cup fruit
- 1/2 cup cooked vegetables or  
1 cup raw vegetables

It may be appropriate to eat more than one serving, depending on our calorie needs. Remember to ask: what can my lifestyle support? The more you move, the more you can eat!

**RIGHT SIZE AND DOWNSIZE AT THE GROCERY STORE**

- At the fish or meat counter, ask the butcher to cut meat or fish into 3- to 4-ounce portions.
- At the deli, ask to have low-fat cheese or lean deli meats sliced into 1-ounce slices.
- Ask the butcher to make up 3- to 4-ounce hamburger patties out of 97% lean ground turkey breast or ground beef. (You may need to make this request in advance. Be sure to tell the butcher not to add any extra fat.)
- Buy IQF (individually quick frozen) meat, poultry or fish products in the freezer case. Just beware of added sodium used for preservation.
- Buy 100-calorie snack packs to control snack portions.

**RIGHT SIZE AND DOWNSIZE AT THE RESTAURANT**

- Split an entrée with a friend and order an extra salad.
- Ask the wait staff for a “take-out” box and wrap up half your meal as soon as it’s brought to the table.
- Order from the Senior or kid’s menu, or order lunch or half portions.
- Order an appetizer as your entrée.
- Save calories by getting dressings and sauces on the side.





# CONTROL PORTIONS AND DOWN-SIZE SERVINGS



## BUILDING A BETTER DIET: STEP 2

Use this tool to help you keep track of weekly key points, develop weekly goals and create a specific action plan for building a better diet to eat well for life.

### KEY POINTS FOR WEEK 2:

1. There are no bad foods, just bad portions.
2. Can you really afford the true cost of “super-sizing” your meal? What is it costing you in terms of your health?
3. It’s okay NOT to clean your plate. As the saying goes, “Better in the waste than on your waist.”
4. Pare down portions by using smaller plates and serving utensils. The less food you are exposed to, the less food you will consume.
5. Don’t cut out, cut back.

### GOALS FOR WEEK 2:

1. Refer back to the lifestyle changes that you want to improve (as identified on the “Are You Eating Well for Life?” introduction survey) to establish your weekly goals.
2. Practice taking smaller portions—about 25% less than your usual portions.
3. Adopt two of the suggested strategies from this newsletter for reducing portion sizes.
4. Strive to order only “small” or “single” portions all week. Say NO to large! More is not better.
5. Avoid the drive-thru for one week—motivate yourself to look for other options.
6. Continue writing entries in your Food Journal to notice any changes from week to week.
7. \_\_\_\_\_
8. \_\_\_\_\_

### MY ACTION PLAN TO ACHIEVE THESE GOALS:

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## ACCOMPLISHMENTS & CHALLENGES:

My accomplishments this week:

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The challenges I faced this week:

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How I overcame these challenges or plan to overcome them:

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How I celebrated my success!

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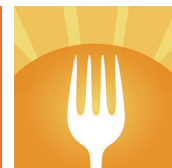


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# CONTROL PORTIONS AND DOWN-SIZE SERVINGS



## WEEK 2 RECIPES: SLIDERS

**1/4 pound 90-95% lean ground beef**

**1/4 pound ground turkey**

**4 whole-wheat or lite English muffins**

**2 teaspoons honey mustard**

**4 tomato slices**

**1/4 cup onion slices**

**1/4 cup alfalfa sprouts**

**1/4 cup shredded carrots**

1. Combine ground beef and turkey.
2. Split the English muffins. Toast 4 halves lightly, and spread mustard on 4 muffin halves.
3. Press a thin layer of ground meat into each muffin half, about 2 tablespoons per muffin.
4. Place the muffins, meat side down, in a hot skillet coated with no-stick spray. Lightly press the muffins on the skillet.
5. Cook over medium-low heat just until meat is thoroughly cooked. Remove carefully with a spatula.
6. While meat is cooking, toast the remaining muffin halves. Top meat with tomato slices, onions, alfalfa sprouts and remaining muffin halves. Makes 4 servings.



### Nutritional Facts per Serving:

**219 calories, 11g protein, 31g carbohydrate, 6.4g fat**

### Good Source of:

**fiber, iron, tryptophan, zinc, vitamin B12, vitamin B6, niacin, vitamin C**

## CRAB SALAD STUFFED MINI PITAS

**1 pound crab flakes (imitation or real)**

**3 tablespoon each low-fat mayonnaise and nonfat sour cream**

**1 tablespoon honey mustard**

**1 tablespoon minced fresh parsley**

**1 teaspoon old bay seasoning**

**1/4 teaspoon black pepper**

**4 whole-wheat mini pita bread**

**Lettuce**

Combine first six ingredients in a medium bowl, and mix well. Stuff pitas with lettuce, and divide crab salad evenly between pitas. Makes 4 servings.

### Nutritional Facts per Serving:

**215 calories, 18g protein, 30g carbohydrate, 4g dietary fiber, 3g total fat, saturated fat trace**

### Good Source of:

**fiber, phosphorus, selenium, zinc, copper, folate**

# FOOD JOURNAL



**Directions:** Record keeping has been shown to be one of the most effective tools for lifestyle change and weight management. Keep a food journal to record your meal and snack intake. Check off the food group(s) that the food belongs to and see where you need to improve. How close do you come to achieving a balanced diet? Consider keeping a food journal throughout the entire eight-week *Eat Well for Life* campaign. A food journal page will be included with each newsletter. You'll be amazed at what you'll learn.

DATE:		GRAINS & STARCHES	MEAT, DAIRY & PROTEIN	FRUITS & VEGETABLES	ADDED FATS	EXTRAS
MY GOAL FOR TODAY:						
<b>BREAKFAST</b>						
<b>LUNCH</b>						
<b>DINNER</b>						
<b>SNACKS</b>						
<b>WATER</b>						
<b>1</b>						
<b>2</b>						
<b>3</b>						
<b>4</b>						
<b>5</b>						
<b>6</b>						
<b>7</b>						
<b>8</b>						
<b>9</b>						
<b>10</b>						