

Prevent Portion Distortion

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EXTENSION

Know how. Know **now.**

Prevent Portion Distortion



Tips for
weight management



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*"We're finding that portion size can
influence intake as much as taste.
Large packages and containers can
lead to overeating foods we do not
even find appealing."*

~ Brian Wansink, PhD, John Dyson
Endowed Chair in the Applied
Economics and Management
Department at Cornell University,
and author of "Mindless Eating"

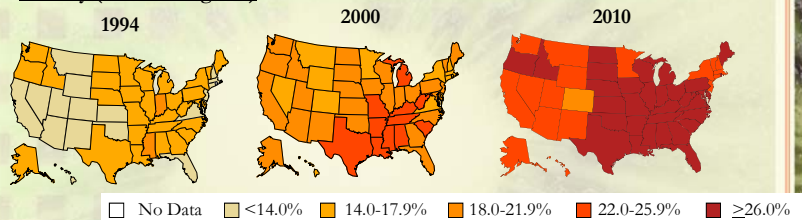


As portion sizes have gotten larger over the years, so have we!

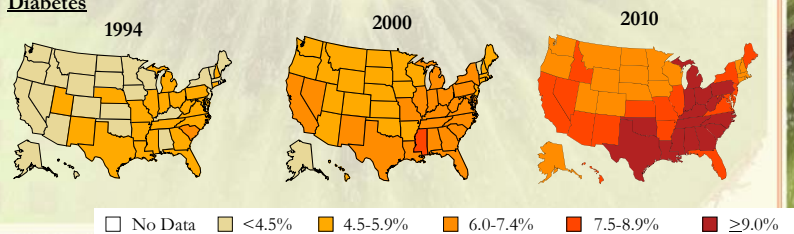


Age-Adjusted Prevalence of Obesity and Diagnosed Diabetes Among U.S. Adults Aged 18 Years or older

Obesity (BMI ≥ 30 kg/m²)

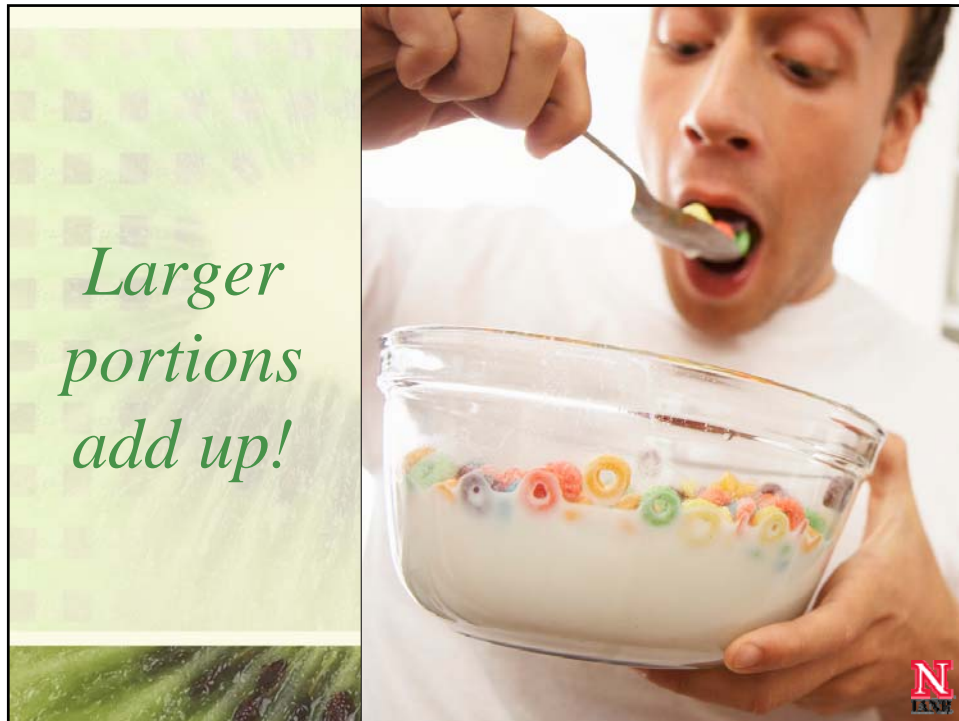


Diabetes



CDC's Division of Diabetes Translation, National Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/statistics>





*Maintaining a healthy weight
is a balancing act*

Calories In

Calories out



Today's Menu

1. Portion Distortion
2. MyPlate Guidelines
3. Portion Size Guidelines



Today's Menu

1. Portion Distortion

Portion distortion over the years

Food portion sizes
have changed
in 20 years.

12



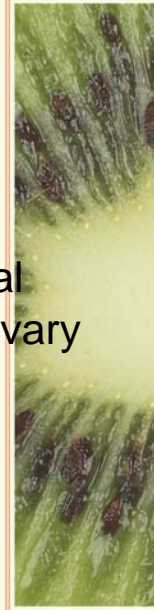
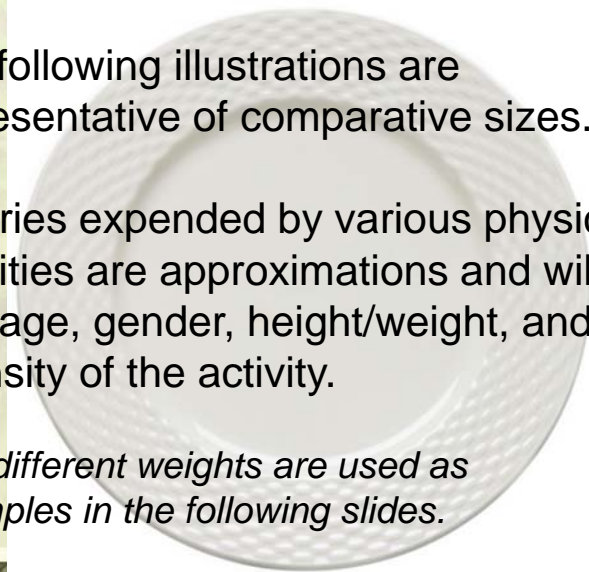
Slides marked by this icon are adapted from "Portion Distortion" by the National Heart, Lung and Blood Institute at <http://hln.nhlbi.nih.gov/portion>

Portion distortion

The following illustrations are representative of comparative sizes.

Calories expended by various physical activities are approximations and will vary with age, gender, height/weight, and intensity of the activity.

Two different weights are used as examples in the following slides.



Guess the calorie difference!

20 Years Ago

Today



3-inch diameter

6-inch diameter



Blueberry bagel photo courtesy of pengrim™ at <http://flic.kr/p/41qvEZ> under a Creative Commons Attribution-NonCommercial license: <http://creativecommons.org/licenses/by-nc/3.0/>

Guess the calorie difference!

140 calories



350 calories



210 more calories



How long would you have to rake leaves to burn 210 more calories?



How long would you have to rake leaves to burn 210 more calories?



Bagel

1. Choose a smaller size, such as a mini-bagel.
2. Eat half the bagel, and take the other half home for another meal.
3. Choose lower-calorie spreads (low-fat Cream cheese or a butter substitute), ask for a small amount of it and on the side if possible.

Guess the calorie difference!

20 Years Ago



1 cup spaghetti
with sauce &
3 small meatballs



Today



2 cups spaghetti
with sauce &
3 large meatballs

Guess the calorie difference!

500 calories



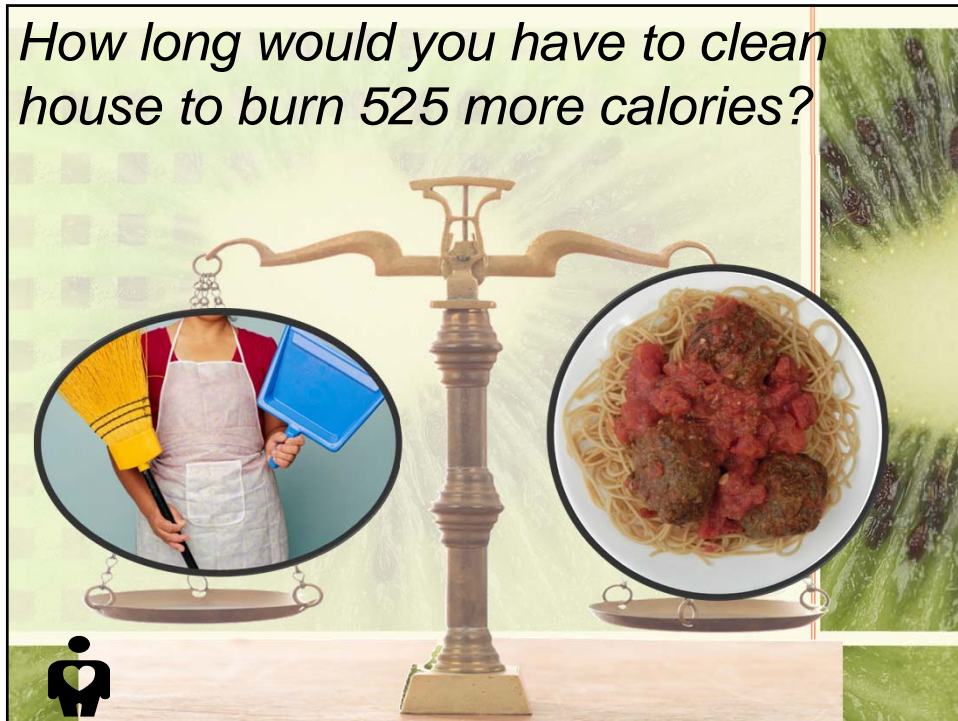
1,025 calories



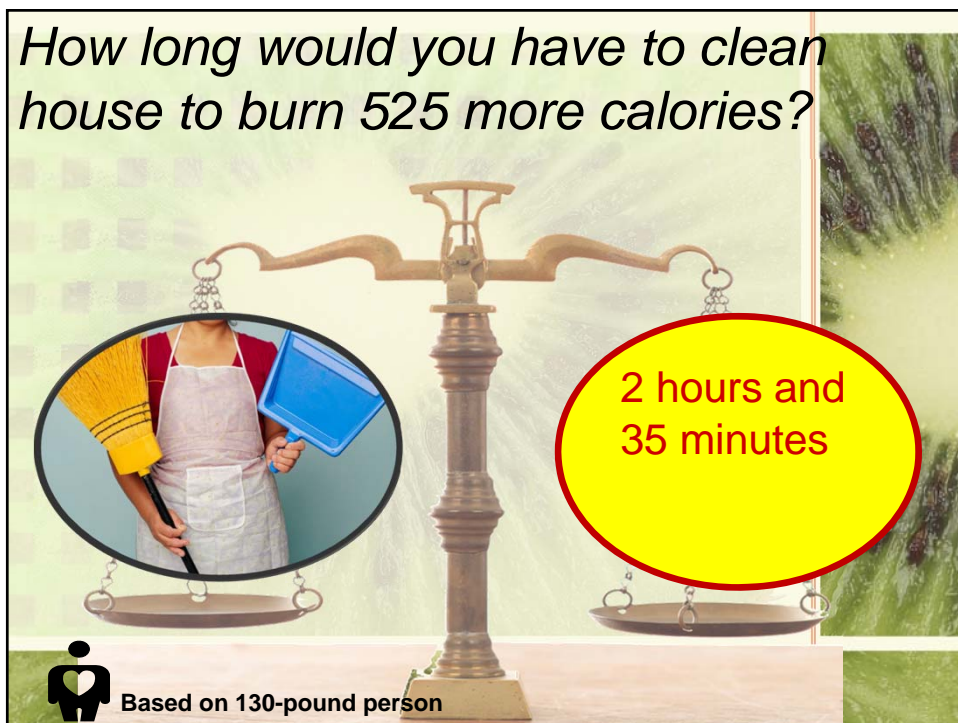
525 more calories



How long would you have to clean house to burn 525 more calories?



How long would you have to clean house to burn 525 more calories?





Guess the calorie difference!

210 calories



610 calories



400 more calories



How long would you have to walk leisurely to burn 400 more calories?



How long would you have to walk leisurely to burn 400 more calories?



Don't be fooled by portion sizes

French Fries

1. Choose a smaller size.
2. Eat only half.
3. Share with a friend.



Guess the calorie difference!

20 Years Ago



6.5-oz. soda

Today



20-oz. soda



Guess the calorie difference!

85 calories



250 calories



165 more calories



How long would you have to garden to burn 165 more calories?



How long would you have to garden to burn 165 more calories?



Beverages

1. Choose water or iced tea
2. If you choose another beverage, get a smaller size, such as 12 OZ instead of 20 OZ or 36 OZ.
3. Choose drinks with less than 30 calories per bottle (check the Nutrition Facts on the bottle or can for calorie information).
4. Ask for low-fat or soy milk in coffee or tea, and no or little sugar.

Guess the calorie difference!

20 Years Ago



Today



Guess the calorie difference!

333 calories



590 calories



257 more calories



How long would you have to lift weights to burn 257 more calories?



How long would you have to lift weights to burn 257 more calories?



Guess the calorie difference!

20 Years Ago



**Coffee, 8 oz.
(with whole milk & sugar)**

Today



**Mocha coffee, 16 oz.
(with steamed whole milk
& mocha syrup)**



Large coffee image courtesy of renee_mcgurk (Renee McGurk) at <https://i.pinimg.com/9ap/54/> under a Creative Commons Attribution license <http://creativecommons.org/licenses/by/3.0/>

Guess the calorie difference!

45 calories



350 calories



305 more calories



How long would you have to walk to burn 305 more calories?



How long would you have to walk to burn 305 more calories?



1 hour
and 20
minutes



Based on 130-pound person

Guess the calorie difference!

20 Years Ago



1.5 ounces

Today



4 ounces



Guess the calorie difference!

210 calories



500 calories



290 more calories



How long would you have to vacuum to burn 290 more calories?



How long would you have to vacuum to burn 290 more calories?



**1 hour
and 30
minutes**



Based on 130-pound person

Muffins



- *Make your own smaller muffins at home and freeze them – take out one at a time*
- *Use healthier ingredients – flaxseed, pureed fruit, nuts*
- *Try Vitalops: all Natural 2 oz. Deep Chocolate Kosher VitaTops with real cocoa, chocolate chips, whole wheat & organic sugar. Each muffin top contains **100 calories**, 1.5g fat, 9g fiber & 4g protein.*

Guess the calorie difference!

20 Years Ago



5 cups

Today



11 cups



Guess the calorie difference!

270 calories



630 calories



360 more calories



How long would you have to do water aerobics to burn 360 more calories?



How long would you have to do water aerobics to burn 360 more calories?



Based on 160-pound person

Popcorn

- *Get a small popcorn*
- *Share a larger one, and don't add extra butter*
- *Don't go to the theater hungry*
- *Bring your own healthier snacks*

Guess the calorie difference!

20 Years Ago

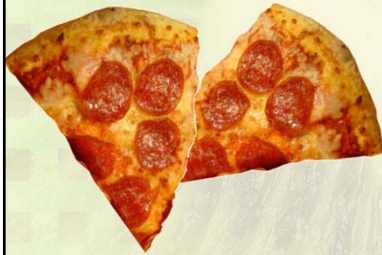


Today



Guess the calorie difference!

500 calories



850 calories



350 extra calories

53



How long would you have to golf (walking & carrying clubs) to burn 350 more calories?



350 extra calories



How long would you have to golf (walking & carrying clubs) to burn 350 more calories?



Pizza

- *Eat only one slice.*
- *Choose lower-calorie toppings—instead of pepperoni, ask for spinach, mushrooms or broccoli.*
- *Remove some of the grease with a napkin.*
- *Get a salad or vegetable on the side to help fill you up.*





How long would you have to wash the car to burn 220 more calories?



How long would you have to wash the car to burn 220 more calories?



Based on 130-pound person

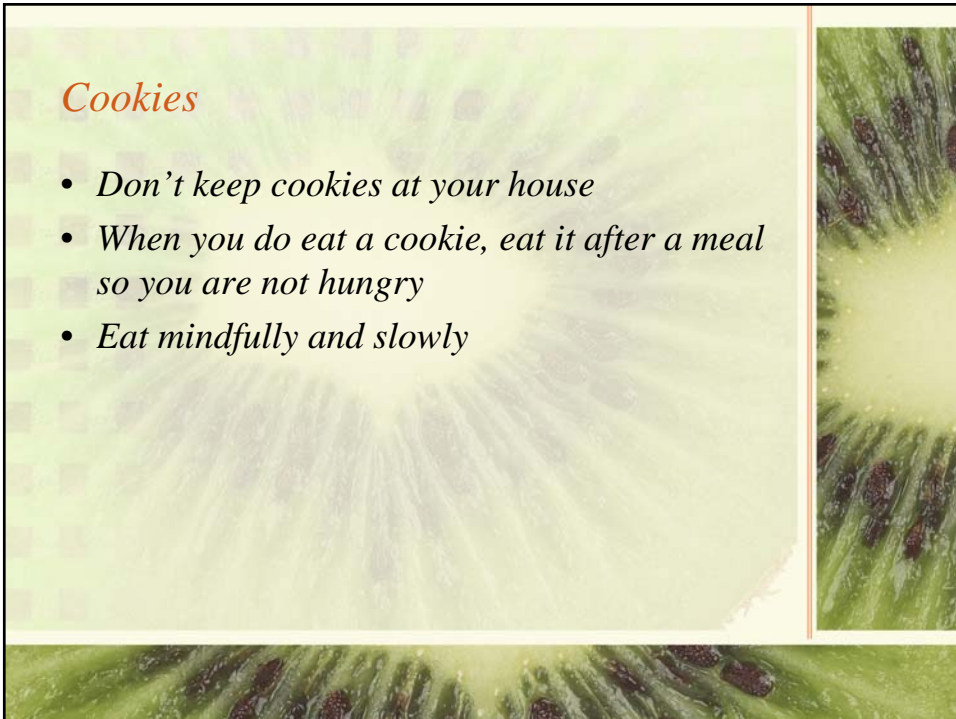
*“A balanced diet is a cookie in
each hand” ~Author unknown*



Unfortunately ... NOT!

Cookies

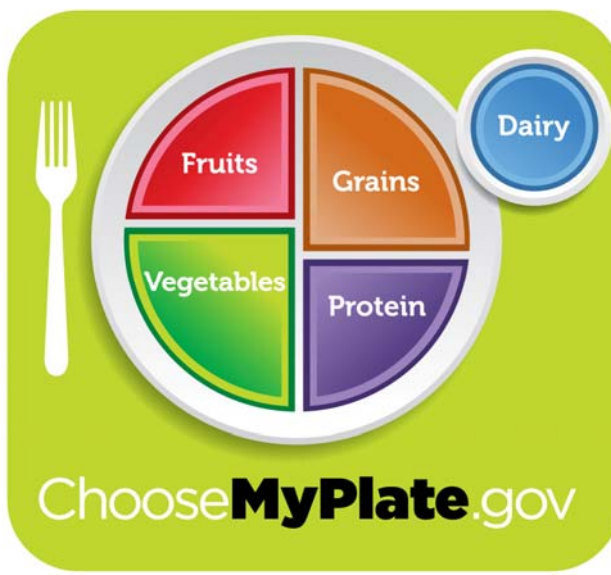
- *Don't keep cookies at your house*
- *When you do eat a cookie, eat it after a meal so you are not hungry*
- *Eat mindfully and slowly*



Today's Menu

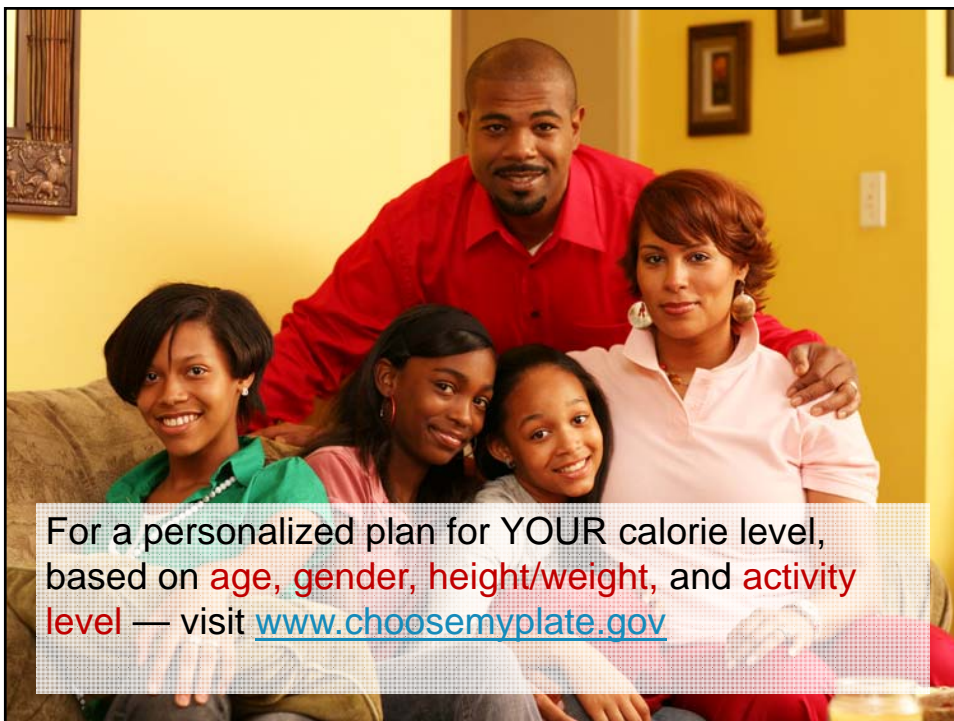
2. MyPlate Guidelines

*MyPlate gives guidelines
for foods and amounts*



A sample MyPlate food pattern ...

The following foods and amounts are for a **2,000 calorie** daily food pattern for **ages 19 and over** and **do not apply to everyone**.



For a personalized plan for YOUR calorie level, based on **age**, **gender**, **height/weight**, and **activity level** — visit www.choosemyplate.gov

Grains/Starch

- *Try to make all your grains whole grains: whole wheat, rye, oats, barley, corn. Best choices for starches are starchy vegetables like peas, and beets, and beans/legumes*



Which Of The Following Is ONE Serving Of Grains?

- 1/2 cup of cooked rice or pasta
- 1 cup of cooked rice or pasta
- 1 small (3-4 inch) bagel
- 1 (4-ounce) muffin
- 2 (4-inch) pancakes

½ cup cooked rice or pasta

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a considered a grain product.
- Examples and serving sizes include bread (1 slice), pasta (½ cup cooked), oatmeal (½ cup cooked), breakfast cereals (1 cup), tortilla (4" diameter), and popcorn (3 cups).
- One whole bagel is actually 2-5 servings of grains.
- One (4-inch) pancake is one serving, and a muffin serving is about 2 ounces.



Grains/Starch

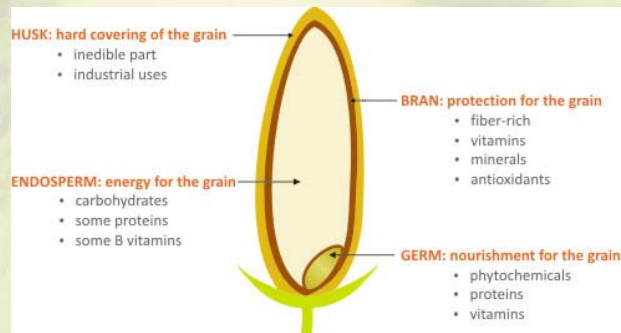
- **1 slice bread**
- **½ cup quinoa, lentils, legumes like black beans, pinto beans, etc.**
- **½ cup cooked pasta, brown rice, or cooked cereal**
- **1 small sweet potato**
- **3 cups popped corn**



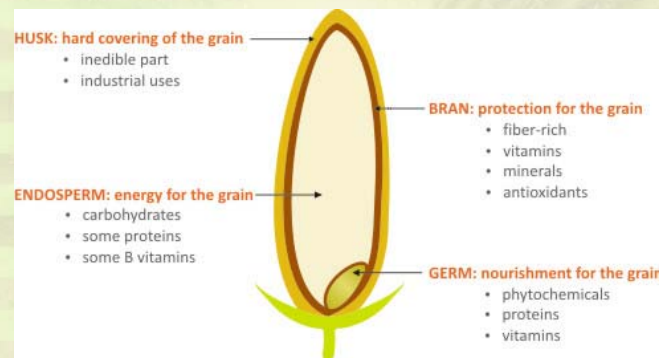
Rice photo courtesy of National Cancer Institute / Robert Conner, Photographer



Whole grains contain the entire grain seed or “kernel.”

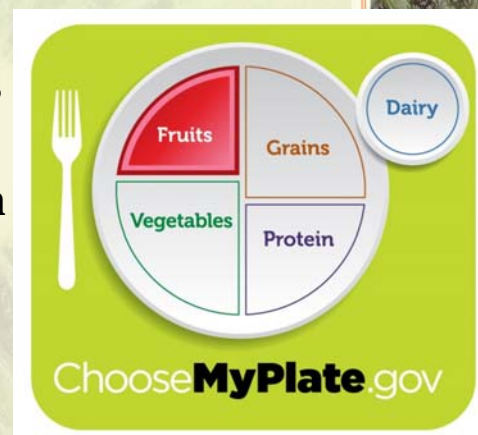


Refined grains contain only the endosperm.



Fruits

How Many Servings Of Fruit Should An Adult Aim For Each Day?



Fruits

- 1-2 Servings/day
- 2-5 Servings/day
- 5-9 Servings/day



Fruits

- 2-4 Servings/day
- What is a fruit serving?

1 Fruit Equals

- 1 cup fruit (berries)
- 1 medium apple, orange
- 3/4 cup 100% fruit juice
- 2 Tbsp dried fruit (raisins, etc)
- ½ 8" banana
- Half a mango
- Half a large peach
- 2 kiwis
- About 15 grams of carbohydrates



Fruits

Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.



Vegetables

Eat at least 2½ cups of fresh, frozen, canned vegetables, or an equivalent amount of dried/dehydrated vegetables.



Vegetables

- **2 cups of raw leafy greens equal 1 cup of vegetables.**
- **½ cup cooked**
- **1 cup raw (carrots, broccoli, celery, etc.)**
- **6 oz vegetable juice**



Dairy

Consume 2-3 servings of fat-free or low-fat milk (1%) yogurt, cheese, dairy or equivalent. Can substitute almond milk, soymilk, etc. Dairy Group foods.



Dairy

1-cup dairy equivalents:

- 8 oz. milk (1 cup)
- 1 cup yogurt
- 1 oz. natural cheese
- 8 oz. calcium-fortified soy beverages



Yogurt photo courtesy of National Cancer Institute. Cheese photo: iStockphoto



Dairy

- All fluid milk products and many foods made from milk are considered part of the dairy group.
- While foods made from milk that retain their calcium content (such as yogurt) are part of the group, foods made from milk that have little to no calcium (cream cheese, cream, butter) are not.
- Try to choose low-fat and fat-free milk products most of the time.

Protein

**Eat 3-4 servings
of protein per day
– can be animal or
non-animal
sources**



How Many Ounces Are In One Serving Of Meat (Chicken, Beef, Pork, Etc.)?

- 3 oz
- 4 oz (1/4 pound)
- 6 oz
- 8 oz



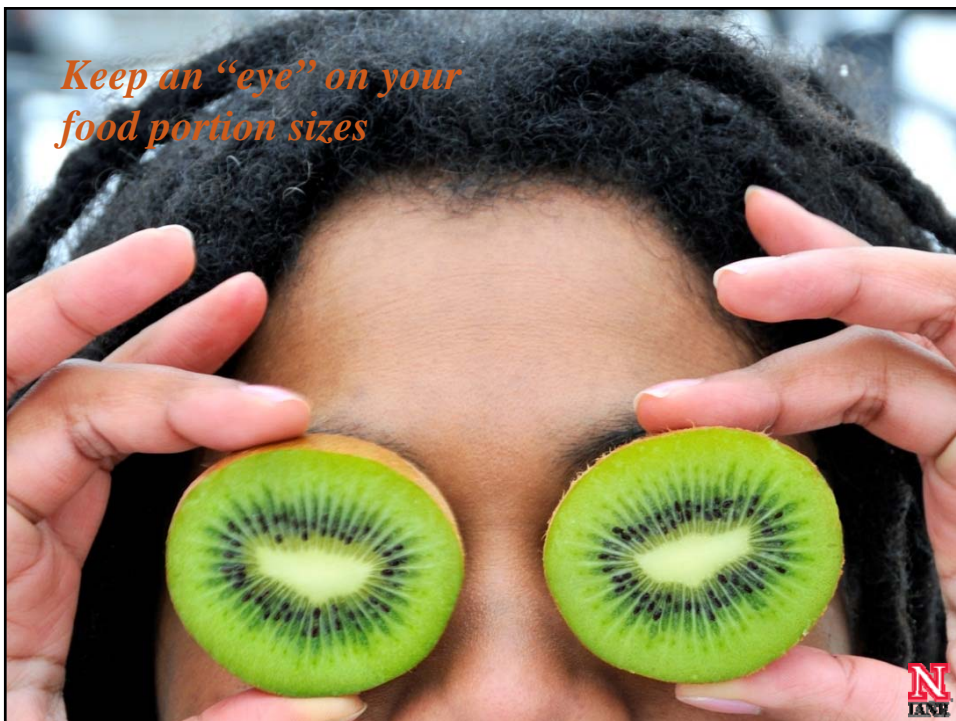
Protein

- 3 oz cooked meat, poultry, or fish (deck of cards)
- 1/2 cup cooked beans
- 2 eggs
- 2 tablespoon peanut or almond butter
- 1/2 oz. of nuts or seeds
- 1/2 cup (about 3-4 oz.) of tofu
- 1/2 cup roasted soybeans



Today's Menu

3. Portion Size Guidelines



Portion sizes: Meat or Poultry



3 ounces cooked = a deck of cards

Portion sizes: Fish



3 ounces cooked = a check book

Portion sizes: $\frac{1}{2}$ and 1 cup

1 cup = 1 baseball

$\frac{1}{2}$ cup = $\frac{1}{2}$ baseball



**Portion sizes:
1 teaspoon & 1 tablespoon**



*1 teaspoon =
the tip of a thumb to the first
joint*

**1 tablespoon =
3 thumb tips**

Get to Know the Nutrition Panel

- Before you even bring a product home from the store take a **look first at the serving size** and the number of servings
- Helps determine if the food is worth the calorie count.
- If one serving, good news: What you see on the label is what you get.
- If multiple servings, you need to do a little math if you're likely to consume more than the serving size.

Get to Know the Nutrition Panel

- Individually packaged products are great -- the portion control has been done for you!
- You can find single-serving packages of just about anything: ice cream, chips, cookies, popcorn... even peanut butter.
- Just because it's portion controlled, that doesn't mean it's a good use of calories.
- There are plenty of lame snacks out there, so choose carefully!

Get to Know the Nutrition Panel

Check the size and number of servings ... if you drank this entire 20 oz. beverage, you would consume 250 calories!

Nutrition Facts

Serving Size 8 fl. oz.
Servings Per Container 2.5

Amount Per Serving

Calories 100

100 calories x 2.5 servings = 250 calories

Get to Know the Nutrition Panel

Check the size and number of servings ... if you drank this entire 20 oz. beverage, you would consume 250 calories!

Nutrition Facts

Serving Size 8 fl. oz.
Servings Per Container 2.5

Amount Per Serving

Calories 100

Buy in Bulk; Divide into Portions

- Need to save money AND watch your portion size? Here's the deal:
- Buy multi-serving, shelf-stable items, but divide them into single servings as soon as you get home from the market.
- You'll need sealable bags or containers for this, a food scale or measuring cups



Using a smaller plate, bowl, or glass can help you eat less



This cup of cereal looks like more in the smaller bowl.

*When possible, know how much you're eating by
dishing up a portion of food
vs. eating directly from the container*



*Start with a smaller portion —
have more if you're still hungry*



Start with H2O

- Drink 16 ounces (a big glass) of water before you eat
- Filling your belly with water will naturally make you less likely to overeat
- Plus, some [symptoms of dehydration](#) may actually be what's causing your rumbling belly, so sipping some water before you eat may eliminate your "hunger" altogether.



Add lots of veggies to control portions

- Bulking up your meals with veggies is one easy way to cut calories while filling you up fast.
- Spinach, for example, can be used as a sandwich-topper or can add [fiber](#) and nutrients to pasta and stir-fries
- Other ideas to [eat more veggies](#): swap in mushrooms for half the ground meat in most recipes, make [oatmeal](#) more filling with diced apples, and use a whole-wheat pita in place of bread so you can stuff it with more veggies.



Make carbs the topper instead of the base

- Rethink the way you use grains and starches.
- For a [breakfast](#) parfait, for instance: instead of starting with a granola base, fill your cup with yogurt and fruit and then sprinkle just a tiny amount of granola on top for the crunch you crave.
- Making a stir-fry? Load up your plate with veggies and a serving of lean protein, then add a ½ cup of brown rice.

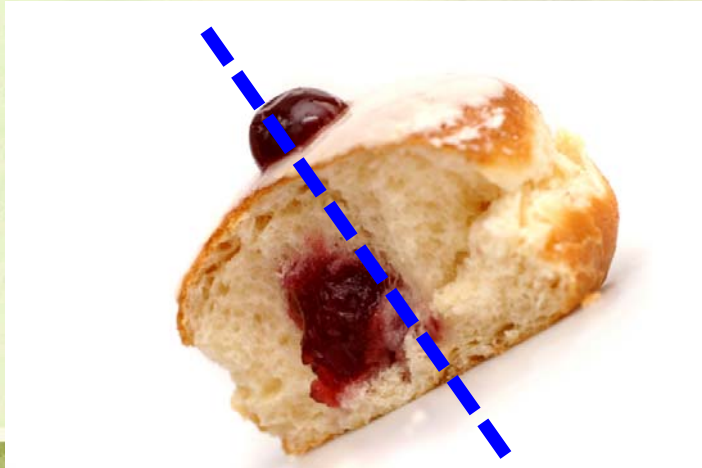


Don't Eat from the Bag!

- When you sit down with a bag of chips, do you really know how many you're eating?
- Researchers from Cornell University sought to answer this question in a study and found that people [ate 50% more chips](#) when they were given no visual cues as to how large a portion should be.
- So if you buy a bag of pretzels or tin of nuts that contains 10 servings, divide the contents of the container into 10 smaller baggies ahead of time.

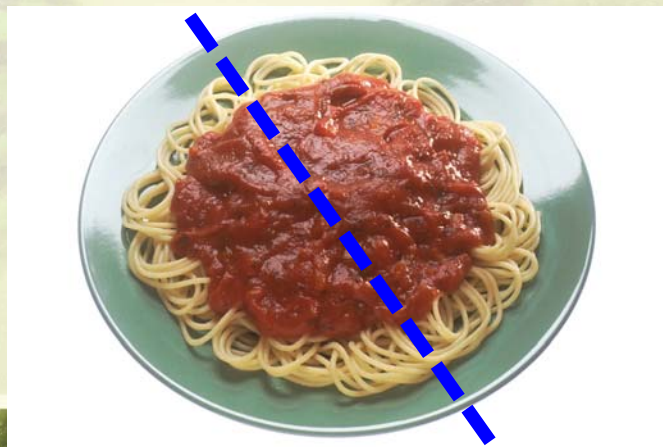


Cut portions by sharing restaurant meals — especially desserts — with others



105

Ask for a “to-go” box and take part of your restaurant meal home (refrigerate within 2 hours)



106

Photo courtesy of National Cancer Institute; Renee Gohmer Photography



Supersized Portions - What CAN I supersize?

- Supersize meals and snacks using low-calorie foods.
- Fill AT LEAST ½ your plate with vegetables!
- Portabella mushrooms have a meaty texture and are great for bulking up burgers and taco meat?
- Load up the plate with salad, roasted vegetables, etc and ENJOY!



A final thought ...

“Never eat more than you can lift.”

~Miss Piggy, the Muppet

