



Calorie Watchers

Calorie Watchers Support Group

Week 7
Portion Control

Calories and Portion Control 2 Most Important Keys to Weight Loss

Portions and Servings: What's the Difference?

A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small—you decide.

A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a **single portion** actually contain **multiple servings**. The **Nutrition Facts label** on packaged foods—on the backs of cans, sides of boxes, etc.—tells you the number of servings in the container.

For example, look at the label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it. A 3-ounce bag of chips, which some would consider a single portion, contains 3 servings.

Be an able label reader

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



What are Portion Sizes

Measure up How much do you eat? Here is a handy way to measure portion sizes:



Everyday excess

What you're served:

Jumbo popcorn (30 cups), unbuttered*
1,650 calories, 93 grams fat

What's one serving:

3 cups popcorn, unbuttered*
165 calories, 9 grams fat

* 6 tablespoons butter adds
610 calories and 69 grams fat



What you're served:

Large 4 oz. bagel, plain*
320 calories, 3 grams fat

What's one serving:

1.5 oz. bagel, plain*
120 calories, 1 gram fat

* 2 tablespoons cream cheese
adds 100 calories and 10 grams fat



What you're served:

5 oz. chocolate chip cookie
700 calories, 20 grams fat

What's one serving:

1 oz. chocolate chip cookie
140 calories, 4 grams fat



What you're served:

40 tortilla chips
400 calories, 20 grams fat

What's one serving:

10 tortilla chips
100 calories, 5 grams fat

What you're served:

24 oz. soda
310 calories, 0 grams fat

What's one serving:

12 oz. soda
155 calories, 0 grams fat



What you're served:

4 slices of 14" pepperoni pizza
(cut in 12 slices)
920 calories, 36 grams fat

What's one serving:

2 slices of 14" pepperoni pizza
(cut in 12 slices)
460 calories, 18 grams fat



Bigger isn't better

A good deal isn't necessarily the most food for your money. These phrases indicate a surplus of excess on the menu.

Combo	Deluxe
Ultimate	Tub
Kingsize	Value meal
Jumbo	Colossal
Supersize	Supreme
All-you-can-eat	Biggie

By the numbers

Daily intake recommendations by the U.S. Department of Agriculture:

Many women and older adults:

1,600 calories
53 grams fat

Children, teen girls, active women and most men:

2,200 calories
73 grams fat

Teen boys and active men:

2,800 calories
93 grams fat

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Portion Distortion!

Do You Know How Food Portions Have Changed in 20 Years?

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size and provide enough food for at least two people. With this growth have come increases in waistlines and body weight.

To see if you know how today's portions compare to the portions available 20 years ago, quiz yourself on Portion Distortion I (2003) and Portion Distortion II (2004). You will also learn about the amount of physical activity required to burn off the extra calories provided by today's portions.

We hope you find Portion Distortion insightful and fun. We also hope that next time you eat on the run, you will think twice about the food portions offered to you.

go to link for quiz-distortion
<http://hp2010.nhlbihin.net/portion/>

Wednesday, February 20, 2013

Go to quiz link to understand portion sizes.....It is fun.....

PORTION CONTROL

3 meals a day with these portions



- Light bulb=one serving of fruits and vegetables

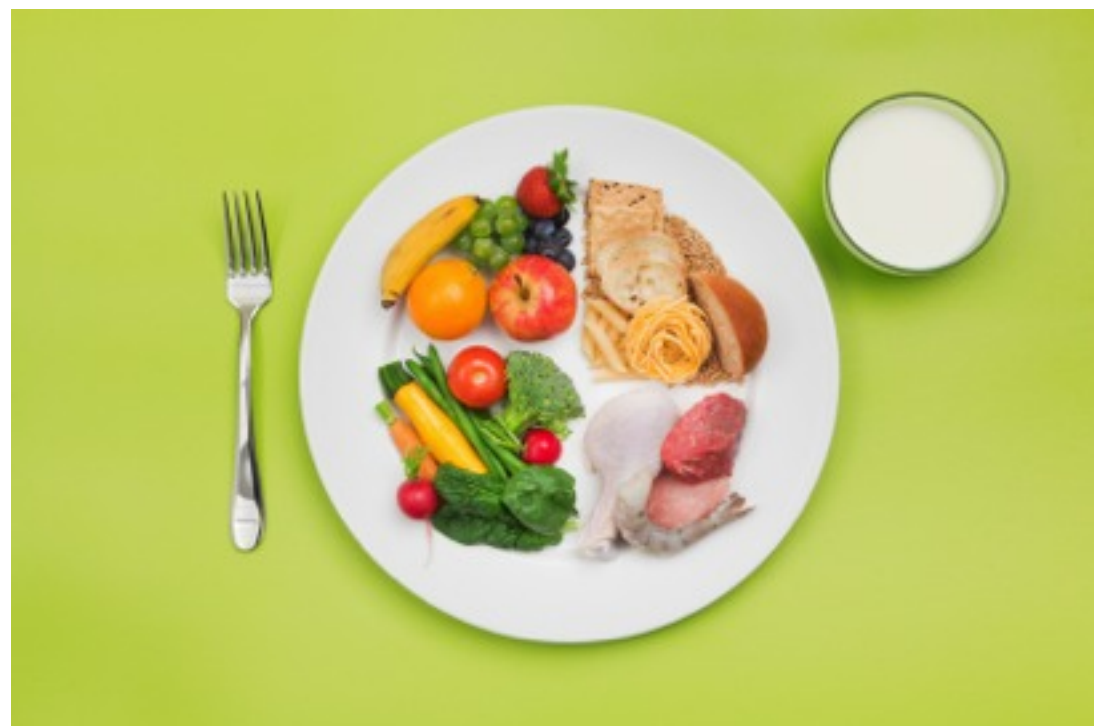


- Deck of cards=one serving of protein



Ice cream scoop=one serving of rice, cereal, potato, pasta

Understand the plates & portions



Wednesday, February 20, 2013

Take the aforementioned portions and put them on the plate.....

“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”

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



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

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



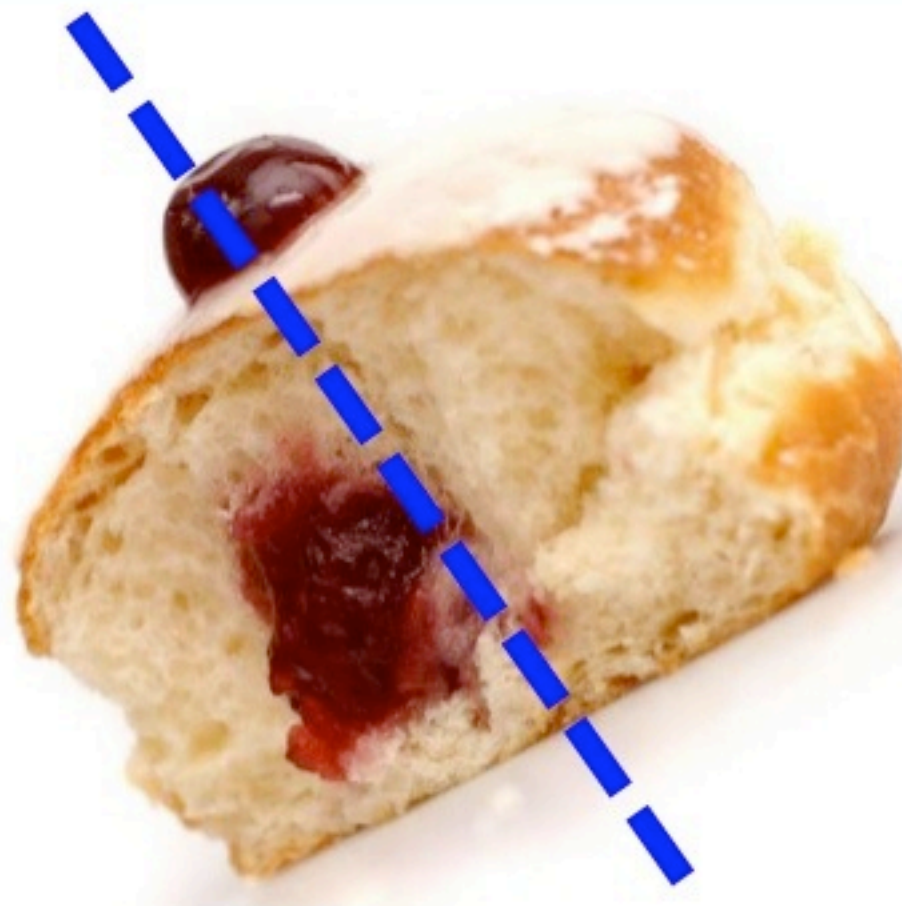
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Start with a smaller portion — have more if you're still hungry



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



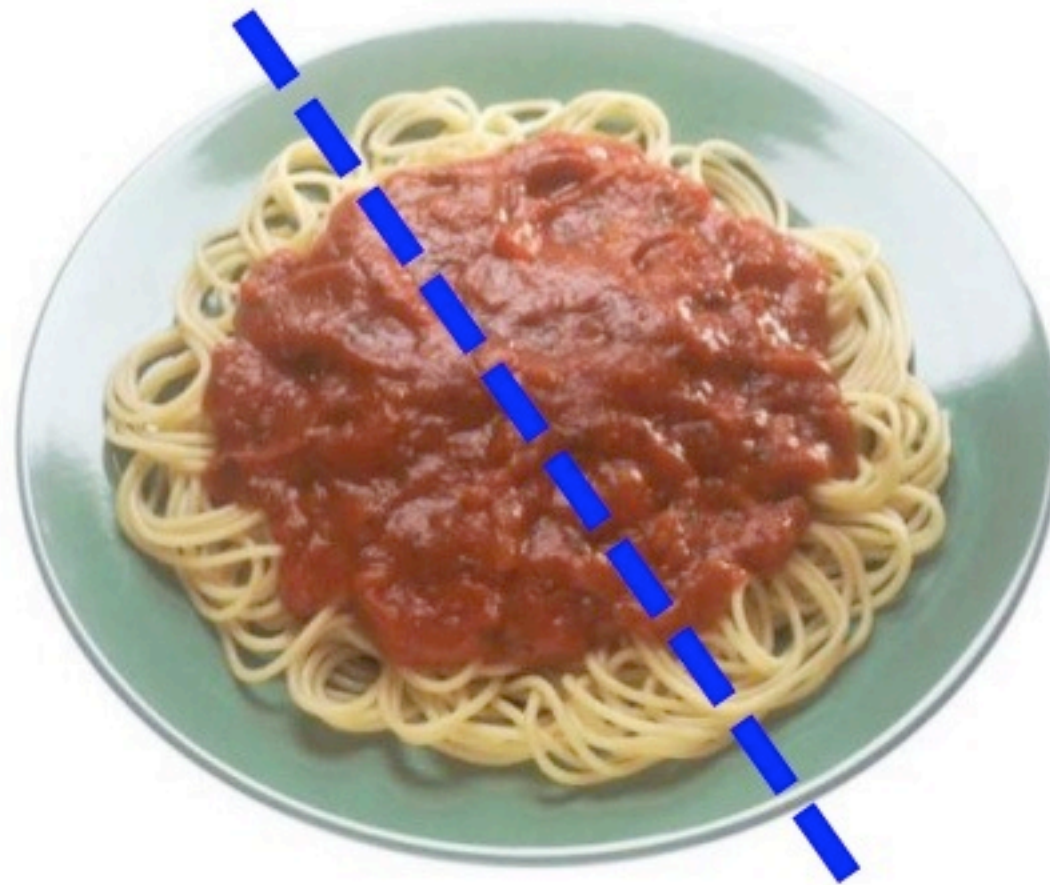
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If you have to treat yourself this is a good way to go.....

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



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Photo courtesy of National Cancer Institute, Renee Comet, photographer



Volumetrics

Research has found that people eat the same weight of food daily.



Lose weight by decreasing the caloric density of food and eating the same amount of weight.

Decrease caloric density by increasing water and fiber content of meals by adding vegetables.

People that have kept off 10% of their body weight ate more than 5 servings of vegetables a day.

Add a 1/4 cup per serving of whole or blended vegetables to your favorite meals (squash, onion, cauliflower, or parsnips).

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Understand food density and volume (volumetrics).....

Volumetrics



Apples
385 grams = 200 calories



Fried Bacon
34 grams = 200 calories



Kiwi Fruit
328 grams = 200 calories



Butter
28 grams = 200 calories

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Vegetables very low caloric density; it is a key to weight loss.

Beverages don't satisfy your hunger urge.

- Hunger and thirst are not the same.
- Thirst**-dry, unpleasant sense in mouth.
- Hunger**-stomach rumbling, headachey, or lethargic.



You could drink a few hundred calories of juice or soda and still want the same weight of food.

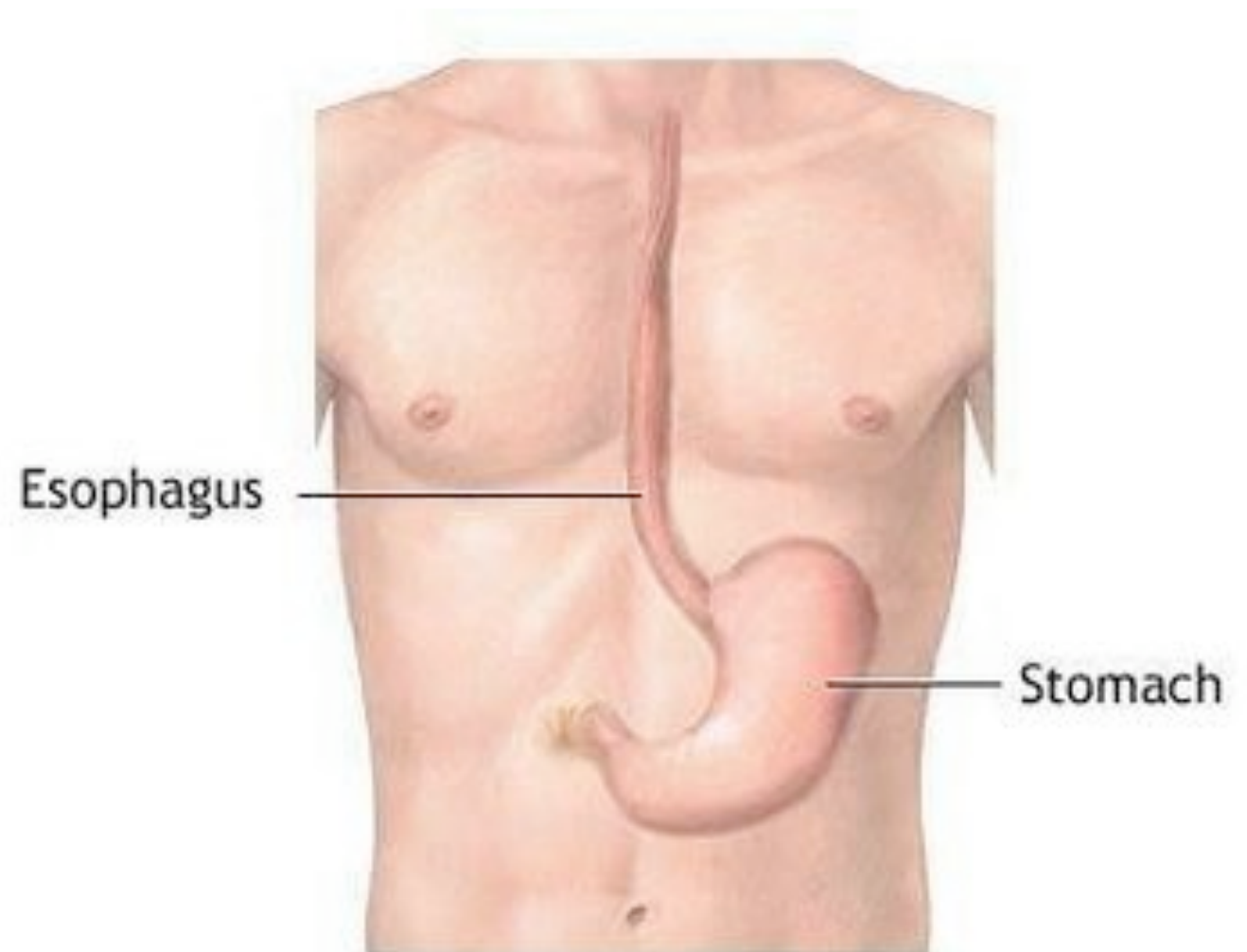
*That is why liquid calories are so problematic towards weight loss. They don't add to the amount of weight from food that you need to be satisfied.

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Think of beverages as having a high caloric density.
That do not SATISFY your need for a certain amount of weight from food.....

Our Stomachs have be conditioned to be large; we need to condition it to be smaller.

- The stomach is not a large organ but it has the ability to **stretch and contract** depending on the amounts of food it processes at any given meal.
- If you consistently consume food in large portions, your stomach will gradually stretch and it will take more food to make you feel full.
- To reduce**
Eat smaller portions of food; to keep your metabolism up, you have to eat several meals



ADAM.

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Learn to down-size your stomach.....

Be a Grazer Not a Gorger



Studies have shown that people who eat small, frequent meals throughout the day tend to consume fewer calories and fat grams at the end of the day.

You burn more calories metabolizing food when you spread it throughout the day.

Grazing also prevents tiredness brought on by drops in blood glucose, and it's easier on your stomach.