

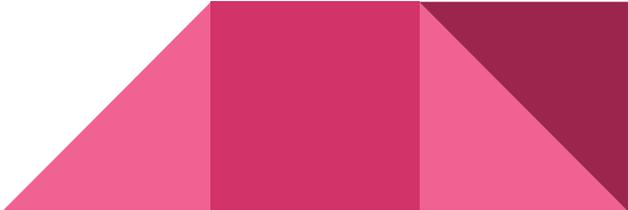


Portion Sizes

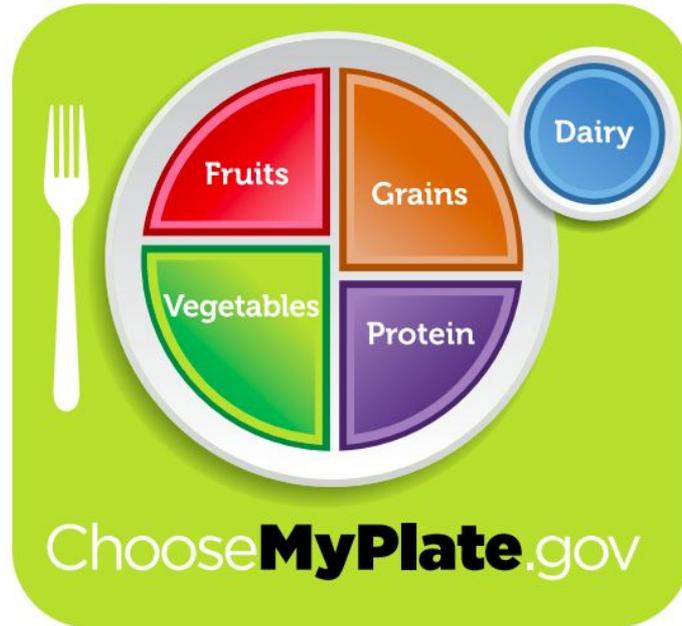
By: Anne, Barbara, Carla, Geanna, & Marta

Objectives

Audience will:

- Identify appropriate serving sizes for different food groups on MyPlate.
 - Recognize that cooking process changes the volume of the food.
 - Recognize portion distortion and how to control it.
 - Explain how plate sizes influence portion sizes.
 - Demonstrate understanding of the topics through prop use during and after activity.
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Food Groups



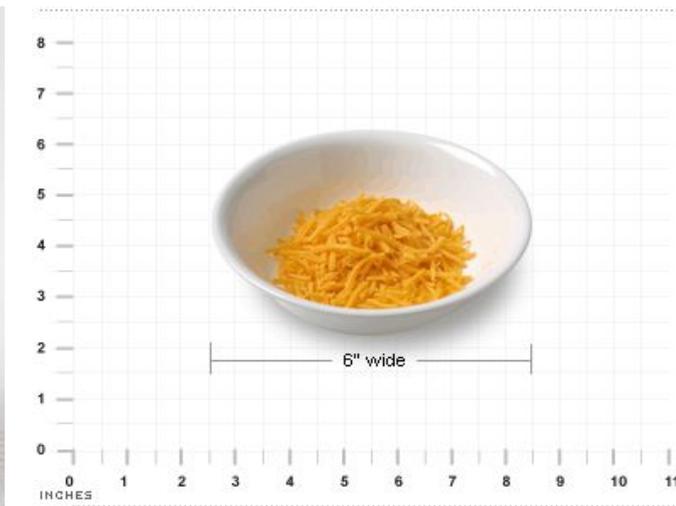
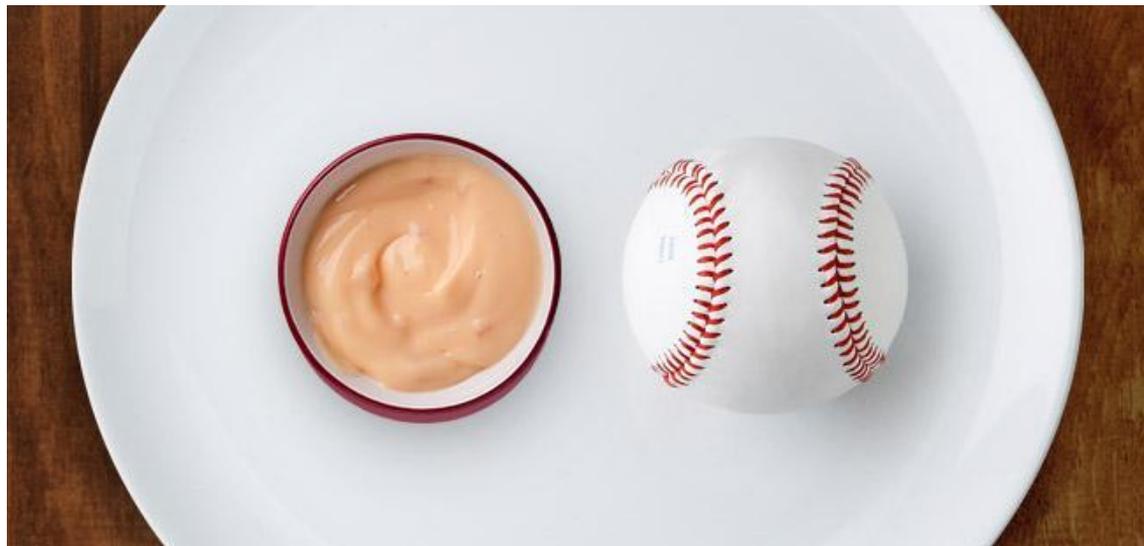
Grains

- Whole grain is KEY
- 6 ounces for women
 - 2 ounces per meal
- 8 ounces for men
 - 2 ½ ounces per meal



Dairy

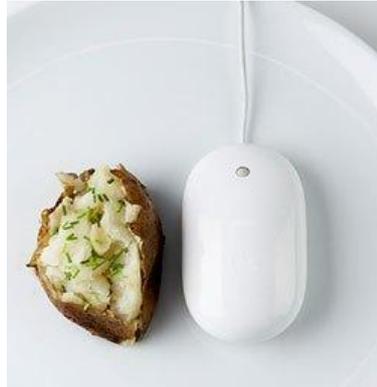
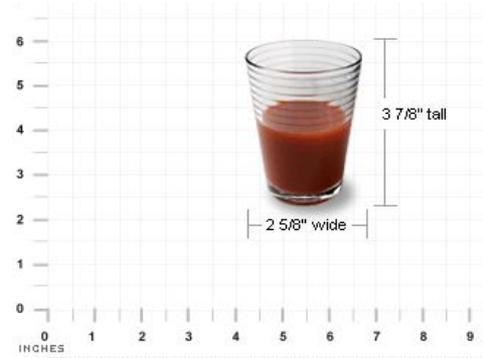
- Low-fat/Non-fat is KEY!
- Men & Women:
 - 3 cups/ day
 - 1 cup/ meal



Vegetables

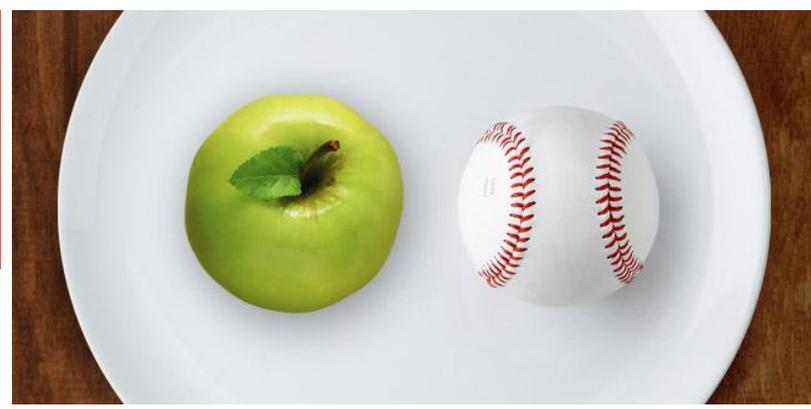


- Variety is KEY!
- Women
 - 2 ½ cups/ day
 - ½ cup per meal & 1 snack
- Men
 - 3 cups/ day
 - 1 cup per meal



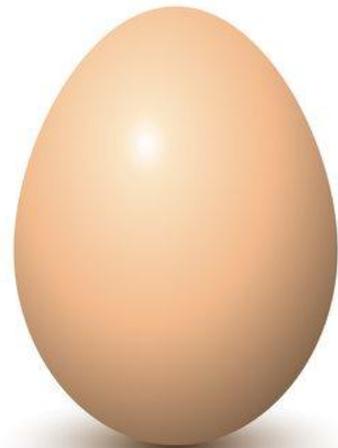
Fruits

- Again, variety is KEY!
- Men & Women:
 - 2 cups/ day
 - ½ cup/ snack & 1 cup/ meal



Protein

- Opt for lean cuts, and variety of protein.
- Women:
 - 5 ½ oz./day
 - 1 ½ oz./meal & ½ oz. snack
- Men:
 - 6 ½ oz./day
 - ~ 2 oz./meal

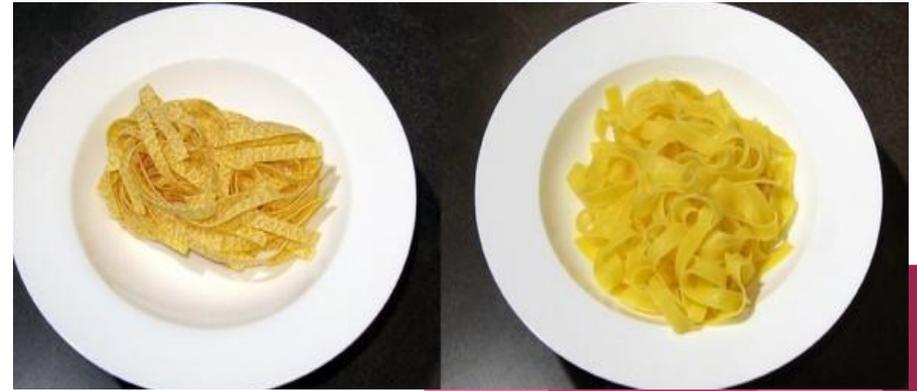


The image features six wooden spoons arranged in two rows of three. Each spoon contains a different type of grain. The top row shows a spoon with small yellow grains, a spoon with long thin grains, and a spoon with small yellow grains. The bottom row shows a spoon with small yellow grains, a spoon with long thin grains, and a spoon with long thin grains. The text is overlaid in the center of the image.

How to control portion size of products that change their volumes during cooking?

1 cup of grain	Cooked amount (cup)
Brown rice	3-4
Wild rice	3 ½
Quinoa	3+
Millet	4
Oats, steel cut	4
Amaranth	3 ½
Buckwheat	4
Barley	3 ½
Cornmeal	2 ½
Couscous	3
Pasta	Varies

Raw vs. Cooked Food



Raw vs. Cooked Food

Meat, fish, and poultry shrink 25%.

Measure it before cooking.



Portion Distortion



- Portion sizes began increasing at restaurants.
- Larger portions stimulate people to eat more.
- Studies show that people tend to consume 30 % more calories if served larger portions

20 Years Ago	Today	Difference	20 Years Ago	Today	Difference
 333 Calories	 590 Calories	257 More Calories	 85 Calories	 250 Calories	165 More Calories
 500 Calories	 850 Calories	350 More Calories	 210 Calories	 500 Calories	290 More Calories
 500 Calories	 1,025 Calories	525 More Calories	 270 Calories	 630 Calories	360 More Calories

Portion Distortion

There is a difference between portion size and serving size.

Portion size

- “How much food you *choose* to eat at one time.”

Serving size

- “The amount of food listed in a product’s nutrition facts label”
- Suggested by manufacturer
- Example serving sizes:
 - 1 slice of bread
 - ½ cup cooked rice or pasta
 - 1 wedge of melon
 - 1 cup of milk

Nutrition Facts	
Serving Size 3 oz. (85g)	
Serving Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 15g	20 %
Saturated Fat 5g	28 %
Trans Fat 3g	
Cholesterol 30mg	10 %
Sodium 650mg	28 %
Total Carbohydrate 30g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	

Portion Distortion

- Research has shown that commercial packaging exaggerates pictured portion sizes to promote overeating.
- Images of 168 cereal boxes were 64% larger than recommended portion size on nutrition fact panel on the same packages
 - This equals to 221 vs 134 calorie increase
- Study reflects that 17% of the studied population poured more cereal than the recommended serving.
- This leads to over-serving, hence portion distortion.



Portion Distortion

- How to avoid portion distortion
 - Read food labels
 - Compare marketplace portion size to recommended serving
 - MyPlate is a great resource of information
 - Repackage supersized bags
 - Eat half or less
 - Skip repeating
 - The Academy of Nutrition and Dietetics suggests to “Eat from a plate, not a package, so you know how much you eat.”



Calories	Goal		
Total Calories	1000 per day		
Food Group	Food Group Amount	“What counts as...”	Tips
Grains	5 ounce(s) per day	1 ounce of Grains	Tips
<ul style="list-style-type: none">• Whole Grains 	<ul style="list-style-type: none">• 2 3 ounce(s) per day	<ul style="list-style-type: none">• 1 slice of bread (1 ounce)• 1/2 cup cooked pasta, rice, or cereal• 1/2 ounce uncooked pasta or rice• 1 tortilla (6 inch diameter)• 1 pancake (5 inch diameter)• 1 ounce ready-to-eat cereal (about 1 cup cereal flakes) <p>See more Grain examples</p>	<ul style="list-style-type: none">• Eat at least half of all grains as whole grains.• Substitute whole-grain choices for refined grains in breakfast cereals, breads, crackers, rice, and pasta.• Check product labels – is a grain with “whole” before its name listed first on the ingredients list?
Vegetables	2 cup(s) per day	1 cup of Vegetables:	Tips
<ul style="list-style-type: none">• Dark Green• Red & Orange• Beans & Peas• Starchy• Other 	<ul style="list-style-type: none">• 1 1/2 cup(s) per week• 4 cup(s) per week• 1 cup(s) per week• 4 cup(s) per week <p>• 3/5 cup(s) per week</p>	<ul style="list-style-type: none">• 1 cup raw or cooked vegetables• 1 cup 100% vegetable juice• 2 cups leafy salad greens <p>See more Vegetable examples</p>	<ul style="list-style-type: none">• Include vegetables in meals and in snacks. Fresh, frozen, and canned vegetables all count.• Add dark-green, red, and orange vegetables to main and side dishes. Use dark leafy greens to make salads.• Beans and peas are a great source of fiber. Add beans or peas to salads, soups, side dishes, or serve as a main dish.
Fruits	1 1/2 cup(s) per day	1 cup of Fruit:	Tips
		<ul style="list-style-type: none">• 1 cup raw or cooked fruit• 1 cup 100% fruit juice	<ul style="list-style-type: none">• Select fresh, frozen, canned, and dried fruit more often than juice; select 100% fruit juice.

Alternatives When Eating Out

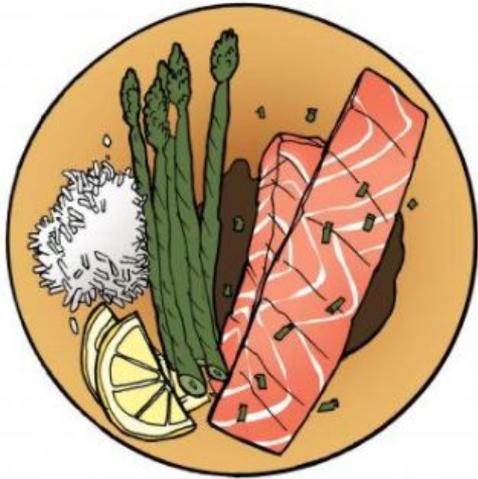
- Plan ahead
 - Have an idea of the kind of food you will choose
- Eat a light dinner if you ate a large lunch.
- Some restaurants offer menus online
 - check them before you visit the establishment.
- Bring leftovers home
 - Eat half the meal at the restaurant. The leftover can be the next day.
- Order an appetizer in place of an entree and a soup/salad.
- Share an entree.
 - Split it between you and your friend or loved one.



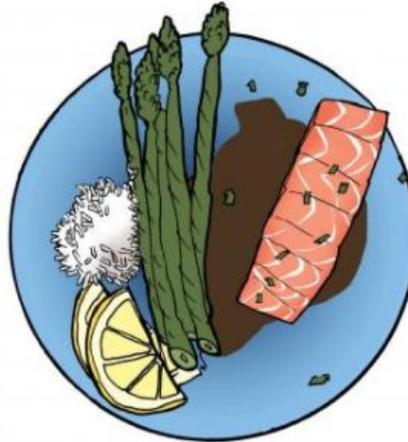
Plate Sizes

- Plate sizes can **influence** portion sizes
- Why?
 - Bigger plates → *more room for more food* → bigger portions
 - Smaller plates → *less room* → smaller portions

12-inch plate
2009



9-inch plate
1960s



8.5 inches

10 inches

3 oz Tuna
½ cup Wild Rice
1 cup Carrots



4 oz Tuna
1 cup Wild Rice
1½ cups Carrots

5 oz Tuna
1½ cups Wild Rice
2 cups Carrots



5 oz Tuna
2 cups Wild Rice
2 cups Carrots

11 inches

12 inches

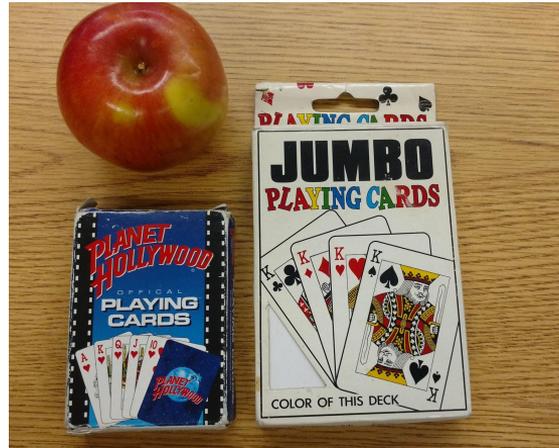
Plate Sizes - Solutions

- Use **smaller plates!**
- At a restaurant with big plates?
 - Portion the food and **save the rest for leftovers**
- **Don't** feel obligated to "*clean your plate*" by finishing all your food
 - It's **okay** to not finish and have leftovers



Activity

- Demonstration
 - Interactive
 - Handout for notes
- Jeopardy
 - Assessment
 - Prize incentive



Set Up

- Equipment
 - Long tables fitting 3-4 people
 - Chairs
 - Handouts
 - Pens
 - Measuring cups
 - Baseballs
 - Tennis balls
 - Deck of cards
 - Dice
 - Fake food: grapes, strawberries, apples, rice, beans, green beans, dry cereal, nuts, chicken breast, steak, shrimp, pasta, broccoli, baby carrots
- All tables will have visual references, food, plates, and bowls
- Handout and pens for every individual

Portion Size Visuals

Food Group	Amount	Visual Reference	Notes
Grains			
Vegetables			
Fruit			
Meat/ Protein			
Dairy			
Oil			
https://www.supertracker.usda.gov			

Jeopardy Questions

	A Twinkle in the Eye	The Specifics	Taste the Change
100	What size of a cup does a tennis ball equal to?	How much vegetables are recommended for a day?	What foods were smaller 20 years ago?
200	How much is 2 servings of grains?	What are types of protein foods? Name 3.	How much does 1 cup uncooked oats expand to after cooking?
300	What should be considered when going out to eat?	What is the unit difference between proteins and other food groups?	What are the best choices of foods in each group?

Jeopardy Answers

	A Twinkle in the Eye	The Specifics	Taste the Change
100	½ cup	2- 3 cups, 2 ½ cups for Woman, 3 cups for Men	Burger, pizza slices, muffins, juices/ drinks, popcorn, packaged foods, restaurant serving sizes
200	2 cups/ 2 baseballs	Beef, chicken/ poultry, fish, nuts, beans, legumes, eggs	4 cups
300	Plate size, super size/ medium/ small/ kids meals, reading labels, splitting or sharing meals	Ounces for meat vs cups/ tablespoons/ teaspoons	*Double Jeopardy* 600 Grains- whole wheat, brown rice, Dairy- lowfat, nonfat, Veg- variety, dark and leafy, colorful, Fruit- whole, fiberful, variety, colorful, Protein- lean meats(fish and chicken), cheese, beans, nuts, legumes

Questions



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