

Stop Portion Distortion!

How to Retrain Your Brain to See Proper Portion Sizes



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Living in a “More is More” Society

In the past few decades, portion sizes of food have grown considerably and unfortunately, along with increasing portion sizes, our waistlines have also grown! From 1989 to 2005 Canadian obesity rates increased by 10%. 2012 statistics indicate that almost 60% of men and 45% of women are at increased health risk due to excess weight. The increase in portion sizes has distorted our perceptions of what a typical meal should look like. Here are just a few examples of how food portions have changed in the last 20-30 years:



3-inch diameter
= 140 calories



12 oz. can
= 145 calories



2.5 oz. muffin
= 210 calories



5-6-inch diameter
= 350 calories



20 oz. bottle
= 242 calories



4 oz. muffin
= 500 calories

What is a Serving Size?

Today, most people aren't even aware of what a "proper" serving size is of the food we eat. Review this chart for a list of proper serving sizes of some popular foods:







Type of Food	Serving Size
Whole-grain bread	1 slice
Cooked rice or pasta	½ cup
Cooked vegetables	½ cup
Yogurt/Milk	1 cup
Cheddar Cheese	1 ½ ounces
Berries	½ cup
Apple	1 medium-sized

Having the information on paper is great but how does this information help when you don't have a measuring utensil and this chart on hand? Don't worry – we have some great tips for you that will help you manage proper portion sizes no matter where you are...

Tip #1: Use Your Hands

Using your hands as a measuring guide is the best and most convenient method to re-train yourself into consuming appropriate portion sizes.

As you can see from this chart, proper portion sizes for different foods can always be determined by comparing them to different sections of your hand.

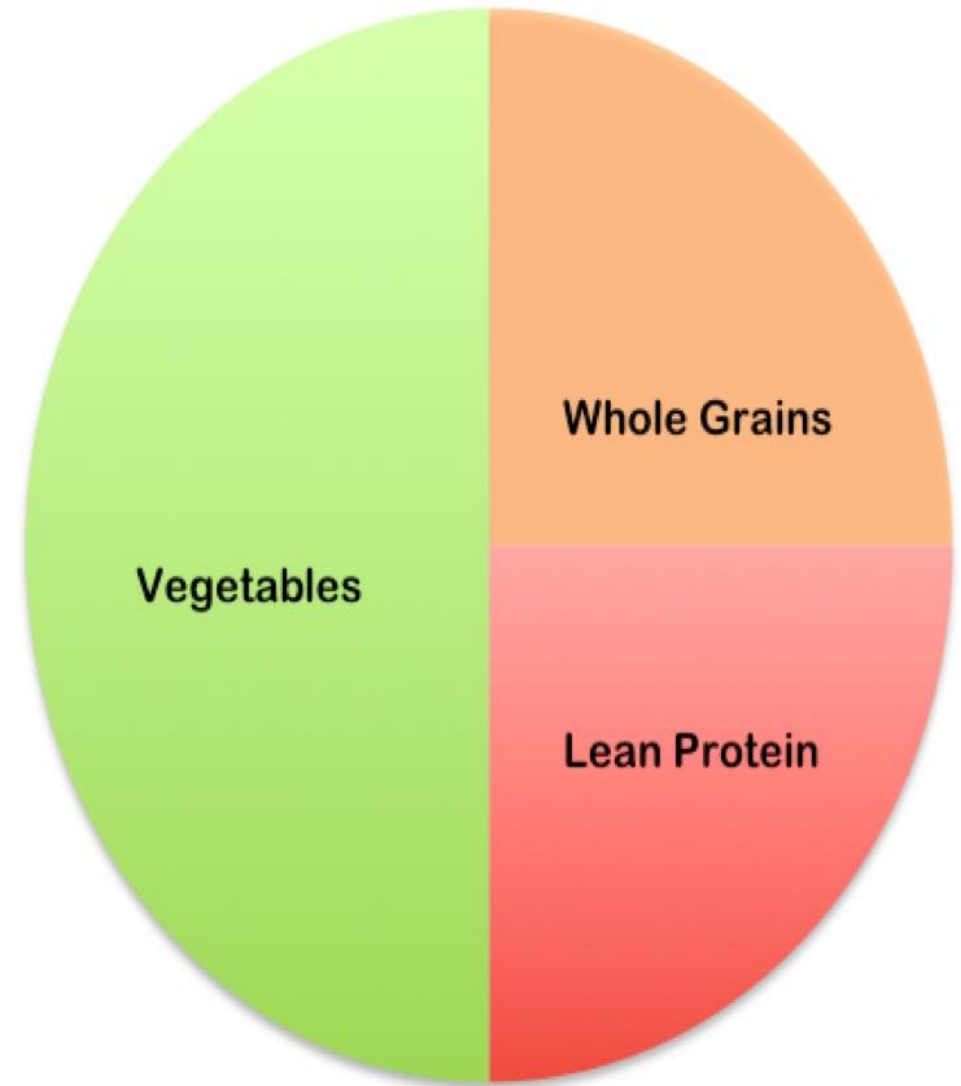
Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Tip #2 – Divide Your Plate

Here's a simple rule to portion a plate properly:

Divide it in half. Automatically fill one side with fruits or vegetables and leave the rest for equal portions of lean protein and whole grains.

This will ensure each meal is properly balanced and the proper amounts of each food groups are consumed. Having steak and potatoes for dinner? Without the vegetables, you'll see that your meal is incomplete. Add a side salad or some steamed veggies to the other half of your plate for a complete, healthy meal!



Tip #3 – Using “Fill‘Er-Up” Foods



Nuts: Fiber, protein and fats activate satiety



Green & Orange Veggies: Contain 90% water & helps brain register fullness



Oats: Contains beta-glucan enabling body to release CCK, a hunger-suppressing hormone



Beans: Contains fiber-protein balance to increase fullness



Water: Drink 16 oz. before each meal to fill your stomach



Fish: Contains omega-3 fats which can fill you up for hours