

# 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

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:

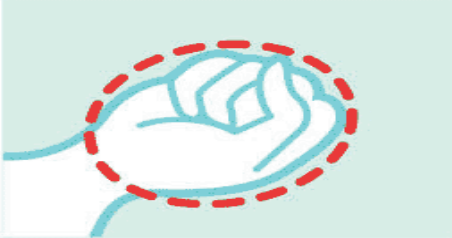
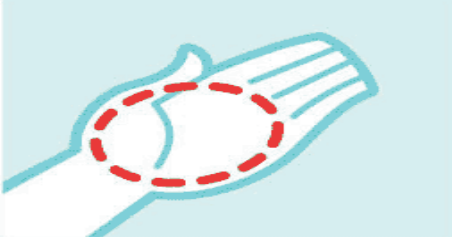




| Type of Food         | Serving Size   |
|----------------------|----------------|
| Whole-grain bread    | 1 slice        |
| Cooked rice or pasta | ½ cup          |
| Cooked vegetables    | ½ cup          |
| Yogurt/Milk          | 1 cup          |
| Cheddar Cheese       | 1 ½ ounces     |
| Berries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

Having the information on paper is great but what 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          |
|---|--------------------------------|--|-------------------|
|    | <b>Fist</b><br>1 cup           | Rice, pasta<br>Fruit<br>Veggies            | 200<br>75<br>40   |
|    | <b>Palm</b><br>3 ounces        | Meat<br>Fish<br>Poultry                    | 160<br>160<br>160 |
|   | <b>Handful</b><br>1 ounce      | Nuts<br>Raisins                            | 170<br>85         |
|  | <b>2 Handfuls</b><br>1 ounce   | Chips<br>Popcorn<br>Pretzels               | 150<br>120<br>100 |
|  | <b>Thumb</b><br>1 ounce        | Peanut butter<br>Hard cheese               | 170<br>100        |
|  | <b>Thumb tip</b><br>1 teaspoon | Cooking oil<br>Mayonnaise, butter<br>Sugar | 40<br>35<br>15    |



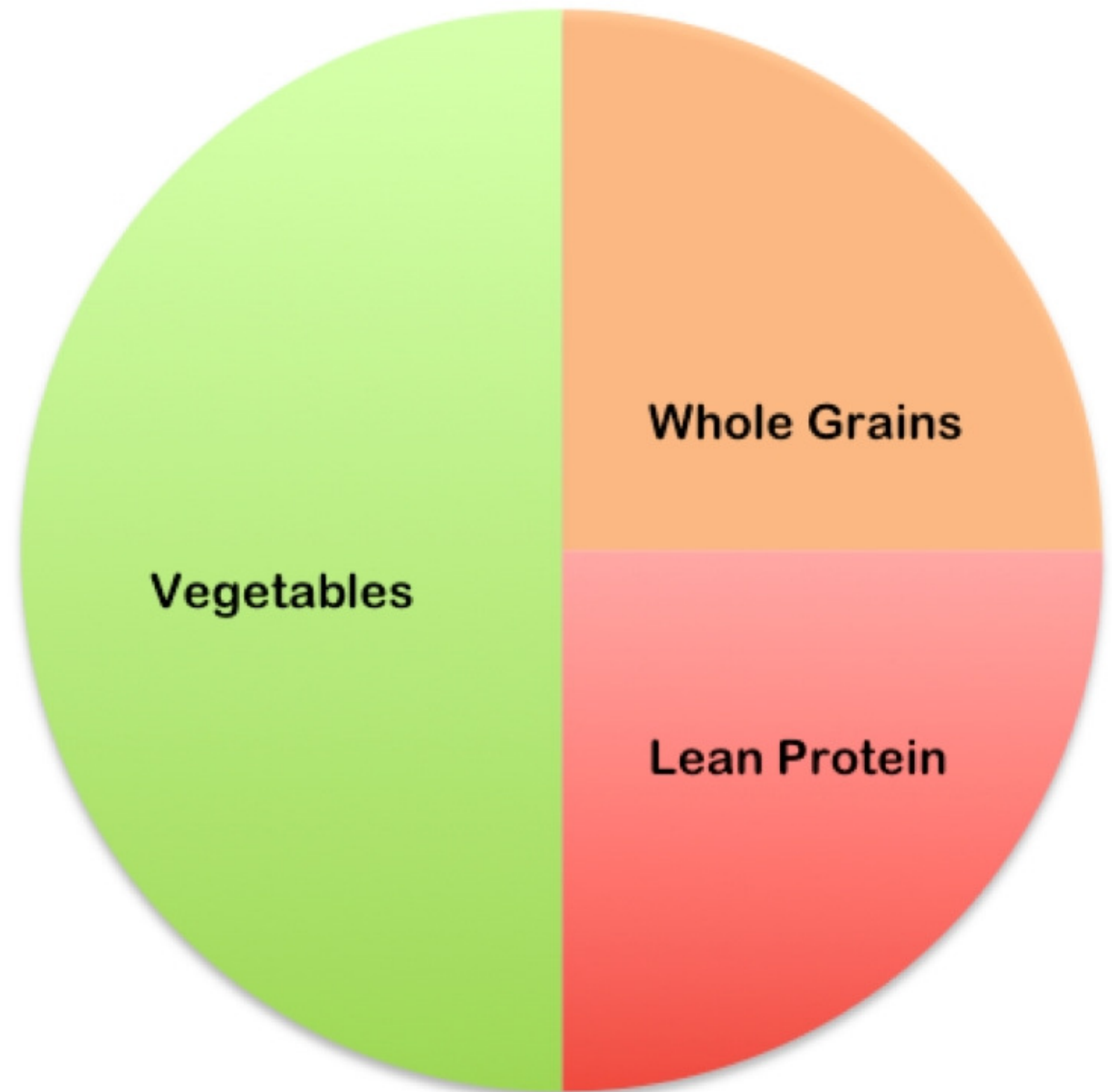
## Tip #2 – Divide Your

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 place 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*