



Choose Healthy Portions All Day!

By Dr. Elizabeth George & Honor Zimmerman

Healthy Habit #1

There is an overwhelming stockpile of information about health and diet “do’s” and “don’ts”. There are millions of websites and sources claiming that they have discovered the best way to look great and feel good with an effortless solution. But the truth is fad diets come and go, and are rarely sustainable or successful. Getting healthy and looking great comes down to the decisions you make, what you put in your body, and the effort you put out. The smallest of changes in what you eat, how much you eat, and activity level put you on the path to greater health, fitness, energy, happiness, and confidence.

Your body is your temple- that being said, give yourself what you deserve. Know what is in the food you choose to consume, don’t fill up on garbage. Snack foods are often full of chemicals, or sugar and salt that make you think you want more, but are lacking in nutrients and the fuel your body needs. The more healthy unprocessed foods you consume, the more your body will learn to enjoy the taste of nutrient dense foods.

If you prefer a diet with meat and dairy the *webMD* portion size guide (Figure 1) offers some helpful portion sizes to help adjust current habits. Many foods that come in a package as a single portion actually contain multiple portions. Get in the habit of reading the Nutrition Facts label on the back of any package- look specifically for how many serving are in the package. Eat the proper portion, and check in with your body. Wait 15 minutes before impulsively going for a second serving. After giving yourself some time to digest you may feel more satisfied than 15 minutes before.

The USDA and American Cancer Society recommend cutting back on red meat. PCRM (Physicians Committee for Responsible Medicine) recommends a whole-foods, plant-strong approach to eating.

Power Plate (Figure 2) encourages choosing from the four food groups – fruits, veggies, whole grains and legumes. This provides a diet rich in vitamins, minerals, antioxidants, protein and all the nutrients needed for your body’s energy, growth and repair. The high fiber, low fat content in this diet will allow your stomach to know when you’re full and measuring portions isn’t really necessary. BUT if you start throwing in processed canned, packaged, boxed foods reading the label carefully and paying attention to portions becomes essential.

Figure 1.
(*Note: The recommend serving for fats & oils is **1 tsp** NOT 1 tbsp)

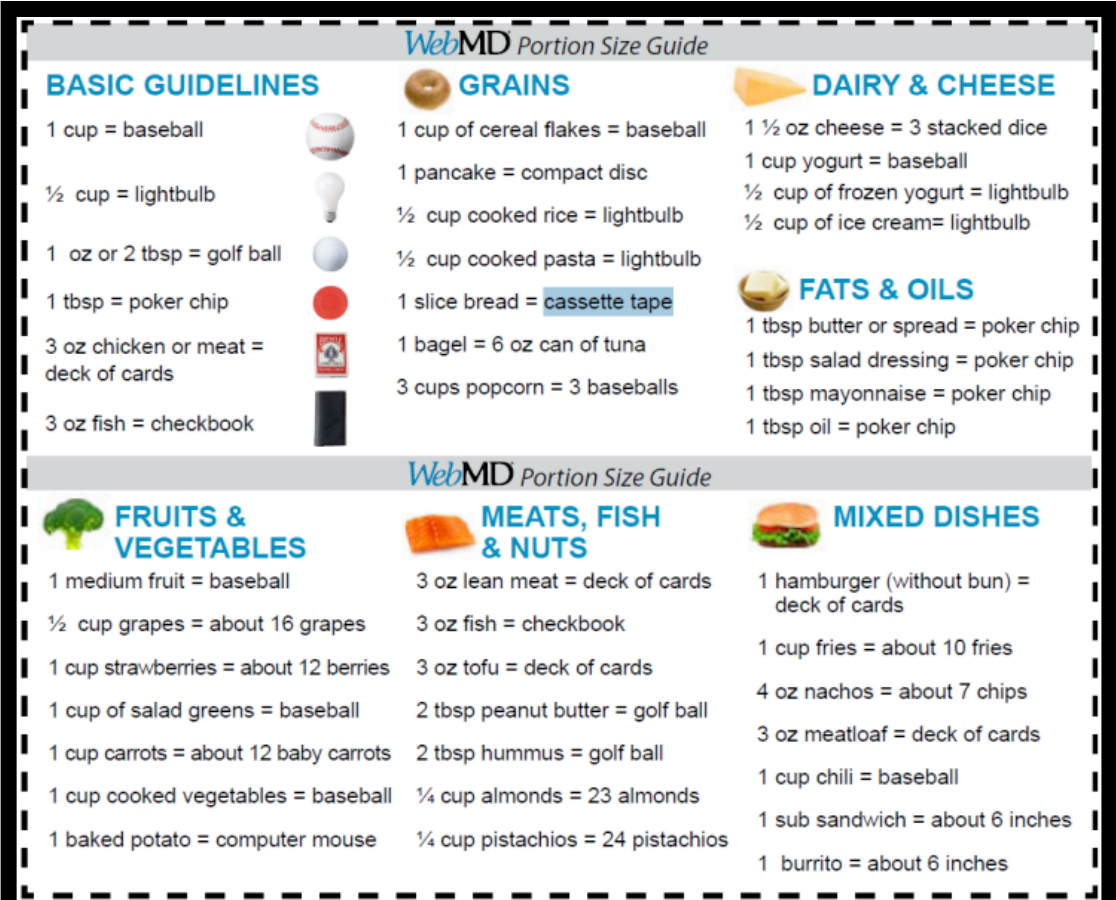
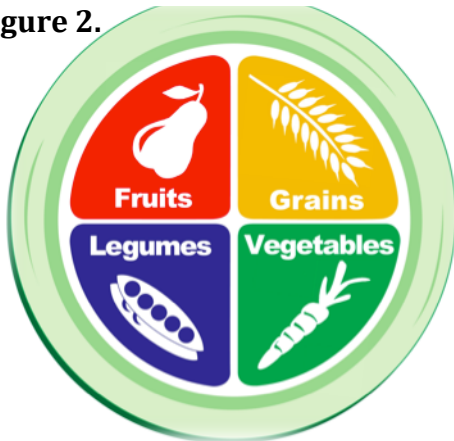


Figure 2.



PCRM

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE



FRUITS

Fruits are rich in fiber, vitamin C, and beta-carotene. Choose a variety of colors, whether fresh, frozen, or canned.
Be sure to include at least one serving each day of fruits that are high in vitamin C: Citrus fruits, melons, and strawberries are all good choices.
Choose whole fruit over fruit juices, which contain mostly sugar and minimal, if any, fiber.

GRAINS

Grains include rice, wheat, corn, oats, millet, barley, bulgur, buckwheat groats, and others. Whole grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.
They can be found in bread, pasta, tortillas, wraps, hot or cold cereal or served as a hearty, whole grain as part of the meal. Check that the back of the box or package says 100% whole grain.

VEGETABLES

Vegetables are packed with nutrients. Include generous portions of a variety of vegetables in your diet. Choose a variety of colors, whether fresh, frozen, or canned. They provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients.
Dark leafy vegetables, such as broccoli, collards, kale, mustard and turnip greens, chicory, and bok choy, are especially good sources of these important nutrients and antioxidants.
Dark yellow and orange vegetables, such as carrots, winter squash, sweet potatoes, and pumpkin, provide extra beta-carotene.

LEGUMES

Legumes- another name for beans, peas, and lentils-are a good source of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soymilk, tempeh, and tofu.
Choose a variety of colors, whether dried, frozen, or canned.

Portion Distortion

What you're served

What's one serving



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

<http://www.appforhealth.com/2012/09/perfect-portions/>

A Holiday PORTION DISTORTION GUIDE

Turkey: 3 oz.

=
A deck of cards

Casseroles & Stuffing: 1/2 cup

=
A billiard ball

Mashed potatoes: 1 cup

=
A baseball

Cranberry sauce & Gravy: 1/4 cup
=
One egg

Butter: 1 teaspoon
=
One die

Pie: ~5 ounces
=
~1/6 of an 8" pie

Food	20 Years Ago	Today
Bagel	 3-inch diameter 140 calories	 6-inch diameter 350 calories
Cheeseburger	 1 portion 333 calories	 1 portion 590 calories
Spaghetti and Meatballs	 1 cup spaghetti, sauce and 3 small meatballs 500 calories	 2 cups spaghetti, sauce and 3 large meatballs 1,025 calories
Soda	 6.5 ounces 85 calories	 about 20 ounces 300 calories
French Fries	 2.4 ounces 210 calories	 6.9 ounces 610 calories

 3 oz (75 g) cooked chicken or meat (4 oz raw): deck of cards	 1 cup (250 ml) cooked rice, pasta or ice cream: tennis ball	 1 oz (30 g) cheese: 4 dice or 1 domino
 medium piece of fruit: baseball	 1 tsp (5 ml) butter or margarine: one die	 1 small baked potato: a computer mouse
 average woman's fist: 1 cup (250 ml)	 2 tbsp (30 ml) peanut butter, jam, salad dressing: golf ball	 1 oz (30 g) of chocolate: a packet of dental floss
 9 INCHES 810 CALORIES	 12 INCHES 1870 CALORIES	

Cheeseburger



333 Calories 590 Calories

Fries



210 Calories 610 Calories

Turkey Sandwich



320 Calories 820 Calories

Bagel



140 Calories 350 Calories

Pasta



500 Calories 1,025 Calories

Soda



85 Calories 250 Calories

<http://tigerfitnessla.com/blog/weight-loss/portion-distortion-meal-size-health/>

<http://betybarbin.com/2012/02/21/portion-distortion/>

http://www.dailyspark.com/blog.asp?post=a_lesson_in_holiday_portion_distortion