



Portion Distortion



Objectives

- Explain portion sizes and serving sizes
- Review how portion sizes have changed over time
- Discuss what a normal portion is, and how much of each food group to eat
- Understand serving sizes on nutrition labels
- List strategies to manage portion sizes

Portion Size vs. Serving Size

- Portion – the amount of food or drink you choose to eat or drink
- Serving – a standardized amount of food
- One portion can contain multiple servings
- **Example:** One pint of ice cream contains multiple servings, but oftentimes the entire pint is consumed

EAT

PORTION SIZE TIPS

1 CUP
fresh fruit or
getables equals
your fist



1/2 CUP
cooked vegetable
equals
light bulb



1/2 CUP
dried fruit
equals
tennis ball





Portion Sizes – Changes Over Time

- Portion sizes have grown so much over the last few decades that we think these large portions are ‘normal’ portions
 - Hence ‘portion distortion’
 - Portion size effect is a common phenomenon and may contribute to overweight and obesity

Portion Sizes – Example of Change

20 oz

10 oz

7 oz

3.9 oz

SODA

HAMBURGER

FRENCH FRIES

12 oz

6.7 oz



Portion Sizes – Lifestyle changes

- Since the 1960's, the amount of food eaten away from home has increased by ***nearly 50%***
- The average American eats away from home **4 times a week** and that can translate to **8 extra pounds a year**
- Busy lives and schedules mean eating more meals on the go



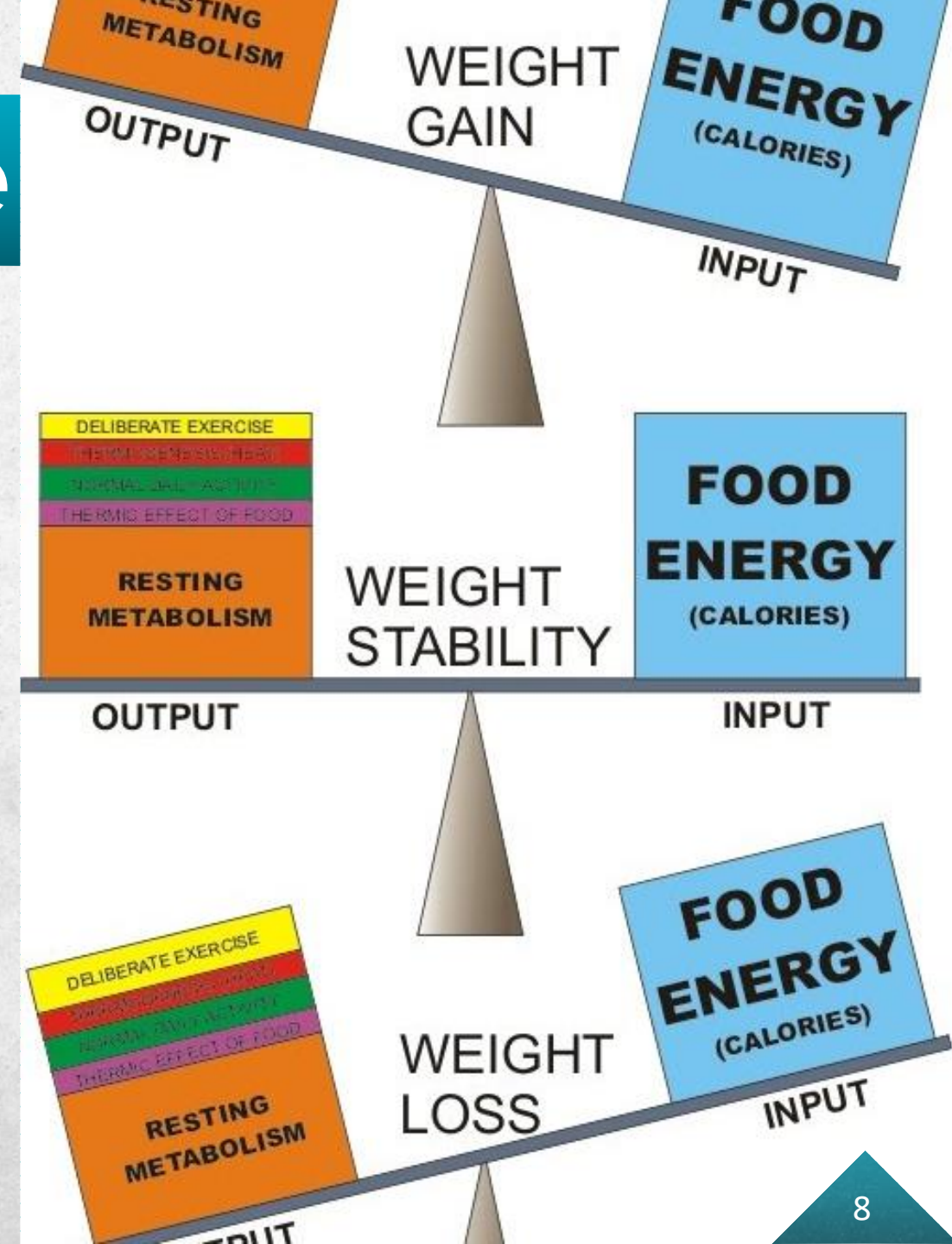
Larger Portion Sizes

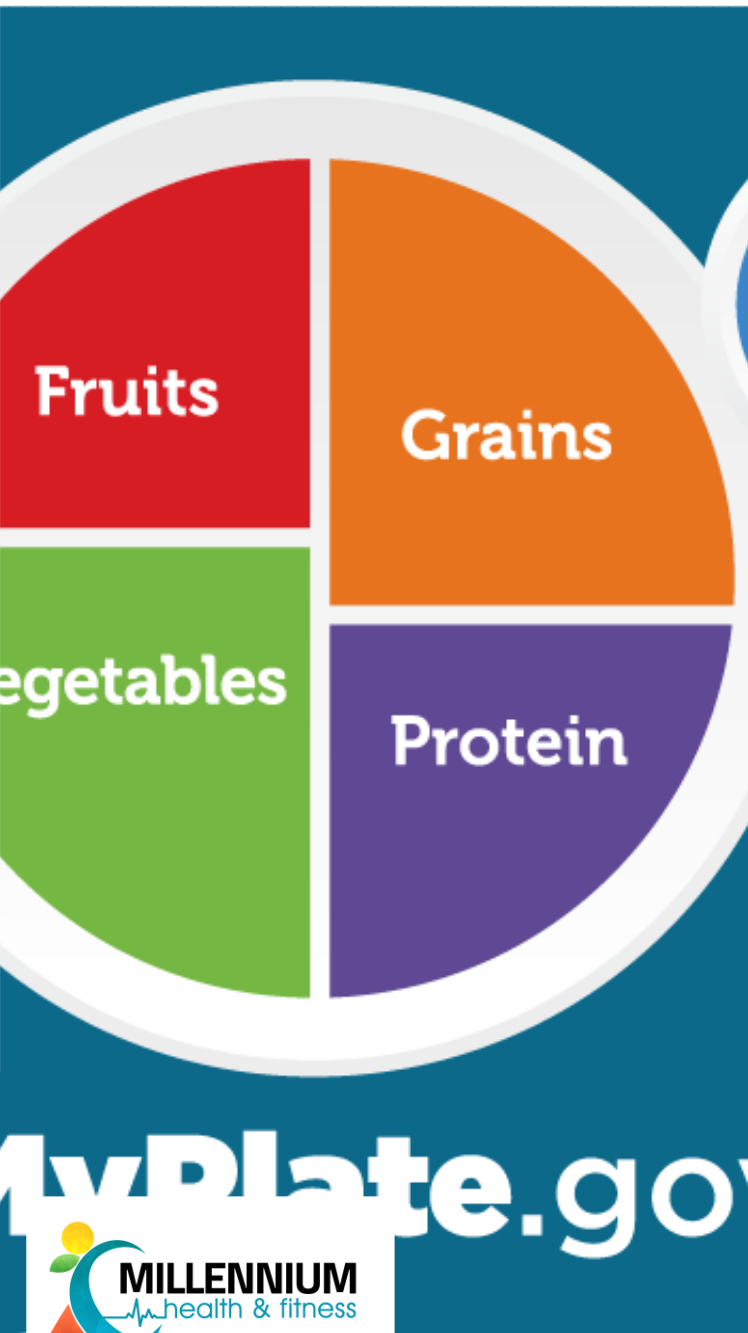
- You may be eating more than you realize
- People unintentionally eat more calories when faced with larger portions
- The amount you eat, and drink is important to your energy balance (calories in, calories out)
- 71% of Americans age 20+ are overweight or obese

Caloric Balance

Weight management:

- A balance of energy (calories)
- Balance of calories taken in versus calories burned





MyPlate

- Focus on variety, portions, and nutrition
- Choose foods and beverages with minimal saturated fat, sodium, and added sugars
- Start with small changes to build healthier eating habits

Recommended Portion – Veggies

- Aim for 2½ cups daily
- 1 cup veggies =
 - 1 cup raw or cooked vegetables
 - 1 cup vegetable juice
 - 2 cups raw leafy greens

Vegetables



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Fruits



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Recommended Portion – Fruits

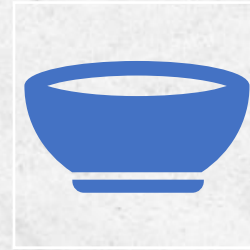
- Aim for 2 cups daily
- 1 cup fruit =
 - 1 cup fresh fruit
 - 1 cup 100% fruit juice
 - ½ cup dried fruit

USDA, ChooseMyPlate.gov, based on 2,000 calorie pattern

Recommended Portion – Grains



Aim for 6 ounces daily



1 ounce grains =

1 slice of bread

1 cup of cereal

½ cup cooked rice, pasta, cereal



Dairy



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Recommended Portion – Dairy

- Aim for 3 cups daily
- 1 cup dairy =
 - 1 cup milk, yogurt, or soymilk
 - 1½ ounces natural cheese
 - 2 ounces processed cheese

Recommended Portion – Protein

- Aim for 5½ ounces daily
- 1 ounce protein =
 - 1 ounce meat, poultry, or fish
 - ¼ cup cooked beans
 - 1 egg
 - 1 tablespoon peanut butter
 - ½ ounce nuts or seeds



Easy Measuring Tools to Start

Using your Hand

- 3 oz of meat, dairy, eggs = size of palm
- ½ cup snacks (chips or pretzels) = a rounded handful
- 1 cup cooked rice or pasta = size of fist

Household Items

- 3 oz of fish = checkbook
- 1 cup broccoli = baseball
- 1 medium baked potato = computer mouse
- 2 Tbsp peanut butter = ping-pong ball
- ½ cup sliced fruit or ice cream = tennis ball

FINGERTIP

FATS SERVING ~1 TEASPOON
OILS, BUTTER OR MAYONNAISE

CUPPED
HAND

SNACKS SERVING

TWO

SALADS SERVING

(FRESH SPINACH, LETTUCE)

PROTEINS SERVING

ABOUT 100G (3-4OZ)

PERFECT PORTION OF MEAT

DOUBLE UP FOR VEGE PROTEIN

THUMB

DAIRY SERVING

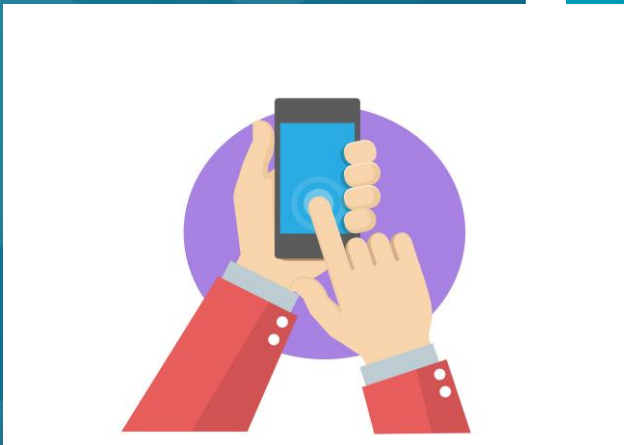
ABOUT 2 TABLESPOONS

SERVING SIZE OF CHEESE

OR PEANUT BUTTER

Stock | #318681683

Start simple with MyPlate



Online Resources

- **Start Simple with MyPlate App**
 - Pick Your Goals and See Real-Time Progress
- **MHFwellnessportal.com**
 - Food log, recipes, and daily pursuits

Updated Nutrition Facts Label

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g **10%**
Saturated Fat 1g **5%**
Trans Fat 0g

Cholesterol 0mg **0%**
Sodium 160mg **7%**

Total Carbohydrate 37g **13%**
Dietary Fiber 4g **14%**

Total Sugars 12g
Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

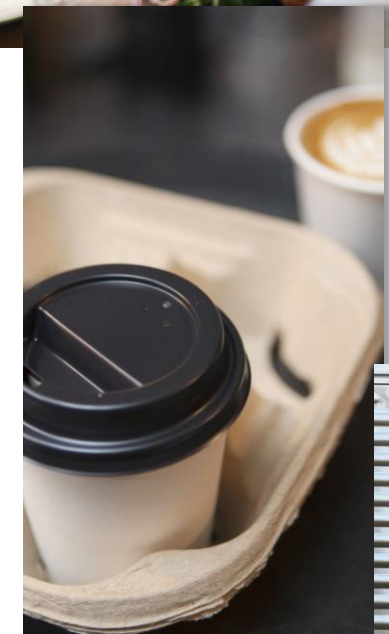
New:
added sugars

Change
in nutrients
required

Managing Portion Sizes – Getting Started

- Check food labels
- Keep track of what, when, where, why, and how much you eat
- Create a food tracker via phone, app, or computer
- Try a healthy food option





HELPFUL
HINTS



Managing Portion Sizes – On The Go

- Split a meal with a friend
- Request a to-go box for half your meal before you start eating
- Avoid all-you-can-eat buffets
- Stop eating and drinking when you're full





Managing Portion Sizes – At Home

- Keep serving dishes off the table and out of reach
- Do not eat straight from the package
- Eat a snack when you are hungry, instead of waiting and overeating at the next meal
- Divide large packages of food into portion-friendly servings

Continue Your Healthy Habits



PRACTICE



ANTICIPATE LAPSES



RECOVER QUICKLY



PRACTICE POSITIVE
SELF-TALK



CREATE CHANGES THAT
ARE EASY TO CONTINUE
OVER THE LONG TERM

Summary

- We can manage our portion sizes
- Tools like ChooseMyPlate.gov can help
- Read nutrition labels and know what to look for
- Try some of the strategies discussed to help avoid “Portion Distortion”
- Practice your new healthy habits

Questions? Contact Us!



- Email
- Phone
- Website

