

Portion Distortion

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Have you ever said these things after eating?

“I can’t believe I ate the whole thing! I feel sick.”

“I’m so stuffed I feel like I could burst.”



“Why did I eat so much?”

Portion Facts

- Portion sizes have increased dramatically over the last 20-30 years.
- Studies have shown that the more food that is put in front of you, the more you will eat.
- 1 cup of pasta has 200 calories. How many cups do you think you are served at a restaurant?



Portion Size vs. Serving Size

- Portion Size

- The amount of food you choose to eat at one time.

- Serving Size

- The amount of food listed on the product's "Nutrition Facts".

- Example: You eat 1 bagel

- Portion size: 1 bagel (4 ¼")
- Serving size: 4 servings

Portion Sizes: Past & Present

20 Years Ago



140 calories
3-inch diameter

Today



350 calories
6-inch diameter

Portion Sizes: Past & Present

20 Years Ago



320 Calories

Today



820 Calories

Portion Sizes: Past & Present

20 Years Ago



260 Calories

3 ounces

Today



640 Calories

7 ounces

“Handy” Serving Sizes

- 1 cup of veggies or fruit = woman’s fist
- 1 ounce of cheese = size of your thumb
- 1 teaspoon of peanut butter = tip of your thumb
- 1 ounce nuts or small candy = one handful

More “Handy” Serving Sizes

- 1 cup milk, yogurt, or fresh greens = small hand holding a tennis ball
- ½ cup cut fruit, vegetables or pasta = size of a small fist
- 3 ounces of meat, fish, or poultry = size of a woman’s palm

Household Serving Size Tools

- 1 cup pasta = size of a tennis ball
- 2 tablespoons of peanut butter = golf ball
- 1 piece of fruit = size of a baseball
- Small baked potato = computer mouse
- 1 serving of cheese = 4 dice
- 1 serving of a waffle or pancake = compact disc
- 1 serving of meat, poultry, or fish = deck of cards

Controlling Portion Sizes

- At a restaurant:
 - Split an entree with a friend.
 - Ask for a To-Go box and put ½ of the meal in it before eating.
 - Order salad dressing on the side.
 - Stay away from all you can eat buffets.
 - Stop eating once you start to feel full.



Controlling Portion Sizes

- At home:
 - When snacking and watching TV, don't eat straight from the package.
 - Serve correct portions on individual plates/bowls. Keep excess food out of reach.
 - Learn to measure foods out so that you know what a serving should be.
 - Place tempting foods out of eyesight.
 - “No pain, no gain” does not apply to eating.

What if I'm still hungry?

- Eat healthy snacks during the day to avoid overeating at meals.
- Allow yourself 20 minutes after eating. You may have to wait for your brain to get the message that your stomach is full.
- If you're still *truly* hungry after your first portion, go for seconds.

References

- Division of Nutrition and Physical Activity. Research to Practice Series No. 2: Portion Size. Atlanta: Centers for Disease Control and Prevention, 2006.
- Portion Distortion! Do you know how food portions have changed in 20 years? National Heart, Lung, and Blood Institute Obesity Education Initiative. 4 Feb. 2008. <<http://hp2010.nhlbihin.net/portion/>>.
- Visual Estimates of Serving Sizes. 4 Feb. 2008. <http://education.wichita.edu/caduceus/examples/servings/visual_estimates.htm>.