



Portion control 101

PEBTF

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Learning objectives

Portion control 101

Learn about the problem of increasing portion sizes

Discover portion control techniques you can use:

- At restaurants
- At home
- At meal time
- At snack time
- At any time, any place

The problem



Then

8 oz Coffee
with whole milk and sugar



Now

16 oz Mocha Coffee
with steamed whole milk
and mocha syrup

The problem



Then

3 inch diameter
Bagel



Now

6 inch diameter
Bagel

The problem



Then
Cheeseburger



Now
Cheeseburger

The problem



Then
6.5 oz Soda



Now
20 oz Soda

• The point

- We've been trained to think bigger portions are appropriate!
- Bigger portion sizes are a contributing factor in:
 - 2 in 3 adults being overweight or obese
 - Increasing our health risk



Portion control techniques

• At restaurants

- Downsize your order
 - Order a lunch size portion for dinner
 - Order off the children's menu
 - Order a kid's meal at fast food places
- Be cautious at buffets
- Ask for a doggie bag
- Split 1 entrée with a friend
- Split 1 entrée between 2 meals

What **portion control techniques** have you tried at restaurants?

At home

- Master mini meals
- Say yes to salads
- Use half of some items
- For recipes, portion according to servings recommendation

What **portion control techniques** have you tried at home?

• At meal time

- Keep seconds out of sight
 - Don't serve meals family style
 - Break leftovers down into individual containers
- If you must have seconds, go for vegetables
- Try smaller plates, cups, and bowls
- Get involved in another activity after 1st helping

What
activities
might you try
after the 1st
helping?

At snack time

- Identify trigger foods
 - Foods you repeatedly overeat
 - Don't buy them anymore
- Be careful with foods in large containers
 - Don't super-size
 - Buy single serving sizes
 - Don't eat directly out of a big container
 - Breakdown full size packages into smaller snacks bags

What **portion control techniques** have you tried at snack time?

At any time, any place

- Slow down your eating
- Allow yourself time to eat
- Avoid distractions while eating
- Pay attention to serving sizes
- Experiment with smaller portions
- Use the hunger scale

Hunger/Fullness Scale	
Rating	<i>Use the scale below to help determine your hunger/fullness rating:</i>
10	Uncomfortably full or “sick” – “Thanksgiving full”
9	Stuffed and uncomfortable
8	Too full, somewhat uncomfortable
7	Full, but not yet uncomfortable – hunger is gone
6	Filling up, but still comfortable – could definitely eat more
5	Neutral – neither hungry nor full
4	Slightly hungry, mild signals that your body needs food – you can wait to eat
3	Hungry, not yet uncomfortable – clear signals that your body needs food
2	Very hungry, irritable, or anxious – you want to eat everything in sight
1	Starving, feeling weak, lightheaded, dizzy, or other extremely uncomfortable symptoms of hunger

Summary



- The problem
- Techniques at restaurants
- Techniques at home
- Techniques at meal time
- Techniques at snack time
- Techniques at any time, any place

Which techniques will you try?

Visit MyActiveHealth today!

Trackers,
Videos,
Recipes,
Webinars,
and more!

The image displays three overlapping screenshots of the MyActiveHealth website interface. The top screenshot shows a user profile for 'Mary Johnson' with a 'Reward Progress' bar at 20%. The main content area is titled 'Resources' and features a 'Healthy Eating Tip #10' article with a green smoothie image. Below this are sections for 'Videos' (showing people at the gym) and 'Recipes' (showing a bowl of food). The middle screenshot shows a 'Browse All Videos' section with a grid of video thumbnails: 'Healthier Oatmeal', 'Healthy Restaurant Choices', 'Power Yogurt', 'Strength Training Without the Gym!', and 'Lunch On the Go'. Below this is a 'Browse All Webinars' section with a 'Fitting in Fitness' webinar and a 'Play' button. The bottom screenshot shows a 'Play a Game' section with thumbnails for 'Always Home', 'Food For Thought', 'Take It to Heart', 'Stressed Out?', and 'Healthy Food'. A sidebar on the left of the top and middle screenshots contains navigation links: Home, My Action Plan, Action Items, Trackers, Resources, Articles, Health News, Tools, Healthy Recipes, Audio Files, Videos, Healthy Living, and Other Services. The bottom of the screenshots shows a 'Tools' section with a 'Track your measurements' feature.

Join Me in March!

Webinars

- **Organic Foods- What's the Hype?**
 - March 2 or 16
 - 12:00 – 12:30pm
 - www.pebtf.org/wellness



Thank you

