

#### Portion control 101

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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





+305 calories



### **Then**

8 oz Coffee with whole milk and sugar



16 oz Mocha Coffee with steamed whole milk and mocha syrup





Then
3 inch diameter
Bagel



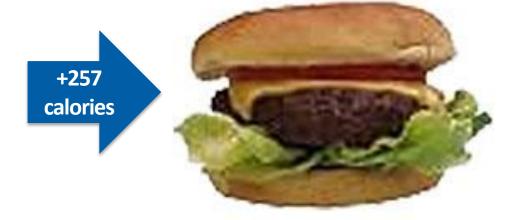


**Now** 6 inch diameter Bagel





**Then**Cheeseburger



**Now** Cheeseburger





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









#### 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 1<sup>st</sup> 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

Rating	Hunger/Fullness Scale Use the scale below to help determine your hunger/fullness rating:
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?



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      - www.pebtf.org/wellness





# Thank you















