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

+305 calories
The problem

Then
3 inch diameter Bagel

Now
6 inch diameter Bagel

+210 calories
The problem

Then
Cheeseburger

Now
Cheeseburger

+257 calories
The problem

Then
6.5 oz Soda

+165 calories

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