

Essential Standard

6.NPA.2 – Apply strategies to consume a variety of nutrient dense foods and beverages in moderation.

Clarifying Objective

- 6.NPA.2.1 – Compare weight management strategies for healthy eating patterns, including attention to portion and serving size.

Statement of Objectives:

- *Today you will be able to compare standard serving sizes with those you find in restaurants, the school cafeteria, and at home. You will know and be able to identify correct serving sizes when encountering a variety of foods and will develop strategies for dealing with excess serving sizes. You will understand the relationship between portion sizes and weight management and health.*

Prevalence of Obesity

[CDC Link](#)

What is the definition of overweight and obese?

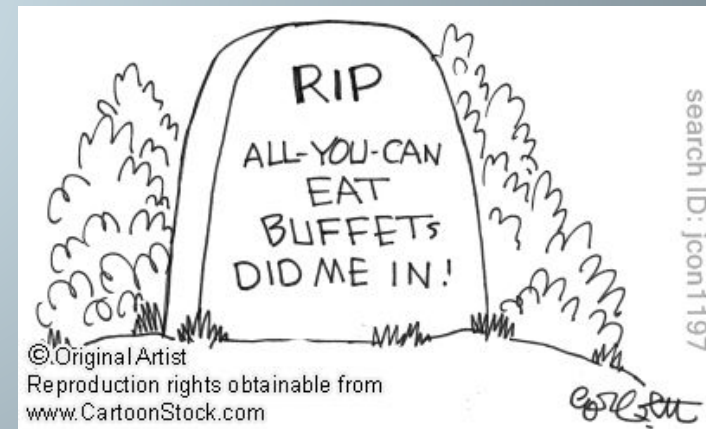
- **Overweight:**
 - is defined as having a body mass index greater than 25
- **Obese:**
 - is defined as a BMI of 30 or greater
- **Body mass:**
 - can be determined by height and weight.

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- **Energy in food is measured by the calories it produces when eaten**
- **3500 calories consumed and not used by our body is stored as one pound of fat.**
- **Over a period of time excess calories add up to excess pounds, which can cause health problems such as diabetes, high blood pressure, and general poor health.**



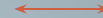
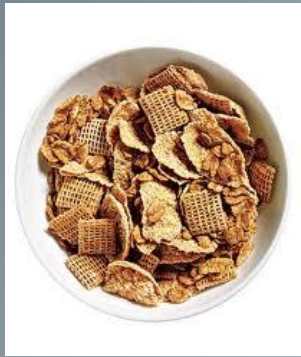
- Not only do we Americans lead more sedentary lives, but we demand that we get the most food we can for our money.
 - We are asked "Do you want to biggie-size that?"
 - Many people frequent "all you can eat" restaurants with little thought of the results of eating too much food.



Portion Sizes

One Serving Looks Like

Grain products	1 C cereal= fist
	1 pancake=compact disc
	½ C cooked rice, pasta, or potato=1/2 baseball
	1 slice bread=cassette tape
	1 piece of cornbread=bar of soap
Dairy and cheese	1 ½ oz cheese=4 stacked dice or 2 cheese slices
	½ C ice cream=baseball
Fats	1 tsp margarine or spreads=1 die
Meats and proteins	3 oz meat, fish and poultry= deck of cards
	3 oz grilled/baked fish= checkbook
	2 Tbsp peanut butter=ping-pong ball
Vegetables	½ C of fresh vegetables=1/2 baseball
	1 C salad greens=baseball
	1 baked potato=fist
Fruits	1 medium fruit=baseball
	¼ C raisins=large egg



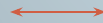
Grains

Dairy



Fats

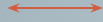




Protein



Vegetables



Fruits

HOW TO AVOID PORTION SIZE DOWNFALLS

- 1. Go ahead and spoil your dinner.
 - a. If you feel hunger between meals, eat a healthy snack.****
- 2. Portion control in front of the TV.**
- 3. Portion control when eating in.
 - a. To minimize the temptations of second and third helpings, serve the food on individual plates, instead of putting the food on the table in serving dishes.****
- 4. Portion control when eating out.**

5. Out of sight out of mind.

a. Put tempting foods in a place that you can't see or get to as easily.

6. Be aware of large packages.

12 SMART WAYS TO RIGHT SIZE YOUR PORTIONS

- 1. Listen to your body's cues.**
- 2. Prepare less food for meals.**
- 3. Start with a small serving.**
- 4. Use small dishes and glasses.**
- 5. Slow down the pace of eating.**
- 6. Eat ½, and then wait 20 minutes.**
- 7. Never eat out of a bag.**
- 8. Think before you order.**
- 9. Always go for the small size.**
- 10. Share, share, share your meals when you are eating out.**
- 11. Eat half and take half home.**
- 12. Eat regular meals and snacks.**

10 EASY WAYS TO DOWNSIZE SERVING SIZES

- 1. Think before you order.**
- 2. Just say no to "super sizing".**
- 3. Swap super size for smart size.**
- 4. Share a biggie size item.**
- 5. Save calories with a kiddie meal.**
- 6. Order an appetizer as an entree.**
- 7. Savor an entree twice as much.**
- 8. Share a dessert.**
- 9. Switch to power beverages. (low-fat milk or water)**
- 10. Enjoy new healthful options.**

Independent Practice:

Can you identify “portion distortion” in your daily life? Write three paragraphs:

- (1) Describe an example you have observed of “portion distortion”
- (2) Explain what you can do to avoid the “pitfalls of portion distortion”
- (3) Plan one or more strategies for avoiding overeating with a parent or family member

12 Smart Ways to Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time. Here are a dozen quick and easy ways to eat less and enjoy more taste and nutrition in every bite.

1. **Listen to your body's cues:** Your internal signals of hunger and satisfaction can help you eat right, if you listen to them.
2. **Prepare less food for meals:** Large quantities of food make people eat more. If you want leftovers, put them out of sight and out of mind.
3. **Start with a small serving:** Small servings may be exactly what you want and you can always have more if you are still hungry.



4. **Use small dishes and glasses:** It really works. Smaller plates and taller, thinner glasses make you think that you are getting more with less.
5. **Slow down the pace of eating:** Eating slowly enhances enjoyment of food and beverages and gives your brain time to register fullness.
6. **Eat half, wait 20 minutes:** When you wait (and listen to internal cues), you can be satisfied with smaller than usual portions.
7. **Never eat out of the bag:** When you eat out of bags, boxes or cartons, you usually eat more. Take a small portion and then put the bag away.
8. **Think before you order:** Many meals out are two to four times larger than you need. Make a plan before you order.
9. **Always go for the small size:** At fast-food restaurants, order small or regular items (drinks, burgers and fries) or choose a child-size meal.
10. **Share, share, share:** Sharing meals when eating out is a great way to save money and calories too.
11. **Eat half, take half home:** Ask your server to put half your meal into a "to-go" container in the kitchen or to bring a box to the table.
12. **Eat regular meals and snacks:** When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.



National Nutrition Month® - March 2005

Adapted by the NC NET Program from Eat Right Montana materials

Ten Easy Ways to Downsize Serving Sizes

Everywhere you eat these days, food portions are bigger than they used to be. In some cases, they are a lot bigger - like double what they were just a few years ago. Fast food meals, quick-serve eateries, elegant restaurants, supermarkets and even cookbooks, they all serve larger portions and contribute to the expanding waistlines of Americans. Experts agree that right-sizing your food portions is one of the easiest ways to reach and maintain a healthy weight at any age. Here are ten simple ways to change how much you eat without giving up any of your favorite foods.

- 1. Think before you order:** Planning ahead is always smart. Think about how hungry you actually are. Think about sharing with a friend. Think about taking half home.
- 2. Just say no:** Fast food "value" meals may sound like a good deal, but they serve up more calories, fat and sugar than you need. So, say "no thanks" to the combo offers.
- 3. Swap super-size for smart size:** Order a regular burger, fries and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal.
- 4. Share a "biggie" size item:** There is a smart way to make mega-portions work for your health (and wallet) - share! Split an order of fries to cut calories and save money.
- 5. Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- 6. Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in fancier restaurants.
- 7. Savor an entrée twice as much:** Eat half your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- 8. Share a dessert:** Any menu item can be shared - entrées, salads, sandwiches - and, best of all, desserts. With a shared sweet, you can eat your cake and eat healthy too.
- 9. Switch to power beverages:** A simple switch to low-fat milk or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- 10. Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads and bottled water.



Closure:

- *Today we compared standard serving sizes with those encountered in restaurants, at school and at home. Using common items such as a compact disc, deck of cards and an egg, we learned to identify correct serving sizes and now have the tools to use in determining portion sizes. With the knowledge you have gained today, you will be able to avoid the “pitfalls of portion distortion” and will avoid the health risks associated with eating too much food.*