

PORTION CONTROL AND WEIGHT LOSS

WHAT'S ONE SERVING?

One of the key ways to lose weight and maintain a healthy weight is through portion control. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%.

But obsessing about measuring portions is not what the Healthy Living Weight Management Program is all about. Eating should be an enjoyable experience, and as long as you focus on foods that are nutritious, you're heading in the right direction.

Nevertheless, portion sizes (especially those served at restaurants) are so out of control these days that it's a good idea to review what counts as one "serving" from different food groups. Keep these in mind as you prepare your meals and while dining out:

One serving of **starchy** food can be 1 slice of bread; 1/2 cup cooked grain like bulgur, oats, rice, or pasta; 3/4 cup cold cereal; 1 medium potato; or 1/2 cup corn. Women trying to lose weight should shoot for 4–6 servings per day; men who want to lose weight should aim for 6–9.

One serving of **vegetables** is 1/2 cup cooked vegetables, 1 cup raw leafy vegetable (like lettuce), or 3/4 cup vegetable juice. One serving of **fruit** can be 1 medium fruit (like an apple or orange); 1/2 banana; 1 cup melon or fresh berries; 3/4 cup fruit juice; or 1/4 cup dried fruit. Women should enjoy *at least* 2 fruit servings and 3 vegetable servings a day, while men should have *at least* 3 servings of fruit and 4 of vegetables.

Examples of 1 serving of **protein** are 1 ounce meat, poultry, or fish; 1 egg; 1/2 cup beans, tofu, or tempeh; 1/3 cup nuts; or 2 tablespoons of nut butter. One serving of **dairy** can be 1 cup milk or yogurt; 1/2 cup cottage cheese; or 1 1/2 ounces cheese. For women, 4-8 servings of protein and 2–3 servings of dairy are a good goal; men can increase protein to 7–12 servings. It's okay to eat an additional 1–2 servings of low-fat dairy products each day if you like.

Finally, a serving of **fats and oils** is 2 teaspoons of oil, butter, margarine, or mayonnaise; 2 tablespoons of regular salad dressing; or 4 tablespoons of reduced-fat dressing. Women should aim for 4–8 servings per day; men, 9–12.

Eat smaller portions!

Trick the Eyes

Studies have shown that we eat what is put in front of us, even if we are not hungry. One study showed that individuals ate more food with the large portion sizes provided but did not report any more feeling of fullness than if they ate the smaller amount. Eat from smaller plates. Use 9" plates as your dinner plates. Ask for the To-Go container at the beginning of the meal and fill it with half your meal to take home.

1950s Dinner Plate was between 8-10" diameter
 Today's Dinner Plate between 10 ½ - 11 ¾ "diameter
 Restaurant Plates can reach to 13" diameter



What is One Serving Anyway?

Fruits (about 60 calories per serving)

1 medium fruit (apple, banana, peach, or orange)
 melon wedge (¼ of a medium cantaloupe)
 ½ c berries, cherries, cut-up fruit, or grapes
 ½ c cut-up fresh, canned, or frozen fruit
 ¾ c juice (100% juice)
 ¼ cup dried fruit

Vegetables (about 25 calories per serving)

½ c cooked or raw
 1 c leafy raw vegetables, such as lettuce or spinach
 ½ c tomato or spaghetti sauce
 ¼ c tomato paste
 ½ c cooked dry beans (80 calories/serving)
 ¾ c vegetable juice
 1 c bean or vegetable soup (80 calories/serving)

Breads, Cereal, Rice, and Pasta

(about 80 calories per serving)
 1 slice of bread
 ½ hamburger or hot dog bun
 1 small roll
 ½ c cooked cereal
 ½ c cooked pasta or rice
 1 ounce ready to eat cereal
 5-6 small crackers (saltine size)

Meat, Poultry, Fish, Eggs, Dry Beans, and

Nuts (calories varies depending on selection)
 2-3 oz cooked without bone
 1 egg
 2 tablespoons peanut butter
 ¼ c seeds
 1/3 c nuts, such as walnuts, pecans, or peanuts
 ½ c baked beans
 ½ c tofu
 ½ c cooked dry beans

Milk, Cheese, and Yogurt

(calories varies depending on selection)
 1 cup milk (skim or low fat)
 1 c yogurt
 1 ½ ounces natural cheese
 2 ounces process cheese
 2 cups cottage cheese
 ½ c ricotta cheese
 1 c frozen yogurt

Visualize One Serving Size

Small computer mouse	½ c fruit, vegetables, or cooked rice or pasta
Tennis Ball	¾ c fruit juice
Baseball	1 medium fruit, 1 cup lettuce, cereal, or milk
Ping-Pong Ball	1 ounce hard cheese or 2 Tbsp. peanut butter
2, 9V batteries	1 ½ ounces cheese, cheddar
Deck of Cards	3 ounces meat, poultry, or fish
Computer mouse	1 medium potato
4-inch CD	1 pancake or waffle

Serving Size

A Pyramid Serving	A Typical Helping
½ cup rice or pasta	1 cup rice or pasta (2 servings)
½ bagel or hamburger bun	1 bagel or hamburger bun (2 servings)
½ cup cooked red beans	Bowl of chili beans (3-4 servings)
1 order (½ cup) French fries	Large order French fries (1 ½ - 2 servings)
1 cup ready-to-eat cereal	Bowl of cereal (2-3 servings)
1 small leg (drumstick and thigh, no skin)	Large leg (1 ½ servings) or a breast and wing (1 ½ servings)

Expanding Portions

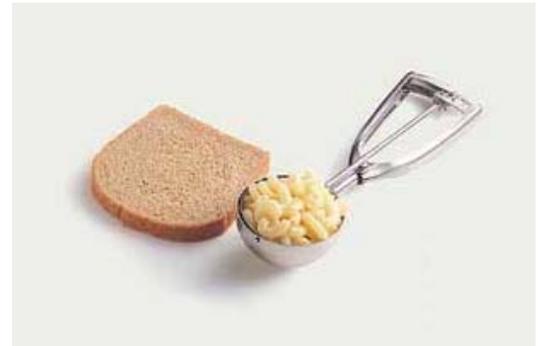
Are you eating a variety of healthy foods, exercising and still struggling with your weight? You may need to pay closer attention to portion control — managing the amount of food that you eat — as your total calorie intake determines your weight.

A serving isn't what you happen to put on your plate. It's a specific amount of food defined by common measurements, such as cups, ounces or pieces. A good guideline to help you understand portion sizes is to translate the abstract information represented by the serving size into something visual that's easily remembered. So instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes of particular foods to familiar physical objects. Use these serving sizes in conjunction with a diet based on a variety of healthy foods. Add the right amount of regular physical activity, and you're well on your way to enjoying good nutrition and controlling your weight.

Grains

Everyday equivalents can help you judge serving sizes to better practice portion control. A serving of cooked macaroni is 1/2 cup or about the size of an ice-cream scoop. Recommended serving sizes for other grains include:

Food	Serving size
Cooked pasta or oatmeal	= 1/2 cup
Whole-wheat bread	= 1 slice
Whole-wheat crackers	= 6 whole



Fruits

One cup of mixed berries, cherries or cubed cantaloupe equals one serving. One cup is about the size of a tennis ball. Other serving sizes of fruit include:

Food	Serving size
Apple, pear or banana	= 1 small
100 percent fruit juice	= 1/2 cup



Vegetables

Until you're comfortable judging serving sizes, you may need to use measuring cups and spoons. A half a cup of cooked carrots, for example, equals one serving. Here are the recommended serving sizes for other vegetables:

Food	Serving size
Raw leafy vegetables	= 2 cups
Raw vegetables, chopped	= 1 cup
Chopped, cooked or canned vegetables	= 1/2 cup



Dairy products

Serving sizes of dairy products may be smaller than you think. For example, one serving of low-fat cheddar cheese is 2 ounces or about the size of two dominoes. Here are serving sizes for other dairy products:

Food	Serving size
Low-fat or fat-free milk or yogurt	= 1 cup
Part-skim mozzarella cheese	= 1 1/2 ounces or about 1/3 cup shredded



Meat and beans

Familiar objects can help you picture proper portions for meat, poultry, fish and beans. For example, a 3-ounce serving of fish is about the size of a deck of cards. Here are the serving sizes for meat and meat substitutes:

Food	Serving size
Cooked skinless poultry or fish	= 3 ounces
Cooked lean meat	= 1 1/2 ounces
Cooked legumes or dried beans	= 1/2 cup or about the size of an ice cream scoop
Egg	= 1 medium



All in moderation

Portion control is a useful tool to help you maintain a healthy weight. The sizes of your portions and types of foods you eat affect how many nutrients and calories you're getting. By avoiding large portions of high-calorie foods and eating more low-calorie foods, such as fruits and vegetables, you'll get the nutrients you need, feel satisfied and reduce the number of calories you consume.

The best way to determine the amount of food in a given serving is to look at the Nutrition Facts label and measure it out. Although this may not be practical or that much fun, if you are able to take the time, you will soon be able to "eyeball" the amount of food and know whether there is too much or too little.

For example, filling a measuring cup with the proper sized portion of vegetables, rice, etc. and then emptying it onto a plate will help you learn what these serving sizes look like. Take note of how much of the plate is covered; this will help you in the future, even if you only do it once. Simply by having and implementing this knowledge, you will have taken an important step in managing your weight.

Portion Control Secrets

Ask anyone who has achieved long-term weight loss how they did it and they're sure to mention portion control. In fact, it can make or break your weight loss efforts

Getting into the habit of controlling your portion sizes isn't as hard as you might think. It all comes down to finding ways to cut calories while continuing to eat the foods you enjoy. So here are twelve ways to cut back on super-sized servings and pare down your portions.

1. Meet yourself half-way.

You can cut the calories of your favorite foods by 50% without changing anything about them -- just eat half. For example, if you usually eat a deli sandwich at lunch, eat half it, but replace your chips with carrot sticks. Still hungry? Before you reach for the rest of your sandwich, munch on a piece of fruit. Produce takes longer to eat and digest than other foods, which means you'll have more time to notice you're getting full. Plus, the added fiber in both the carrots and fruit will help you feel more satisfied, for much longer, than chips would have.

When you are dining at a restaurant, ask the waiter for a take-out container as soon as he gets your order. Put half of your meal in the box as soon as it arrives. Try to eat slowly and enjoy the conversation and the restaurant's ambiance. Remember, it takes about 20 minutes to start to feel full, so eating at a slower pace will prevent you from overeating. You can always take some of the food back out of the carton at the restaurant if you're still truly hungry, but chances are you won't want to.

2. Downsize your dinner.

Use smaller dishes at meals. If heating up leftovers the next day isn't your cup of tea, find out if your eatery offers lunch-sized portions of their dishes. These are almost always significantly smaller than full-sized dinner entrees, so don't be afraid to ask if you can purchase the lunch entree at dinner time. If that's not an option, ask to order from the children's menu ... practicing this portion control pointer will save your waistline some inches and your wallet some bucks.

3. Resist the "upsized" offer.

As we all know, fast food portions are already oversized, so there's no need to add insult to injury by upgrading your meal. No matter how much of a "better deal" it may seem, don't be tempted. In fact, steering clear of "meal deals" altogether is very wise. You're much better off ordering a grilled chicken sandwich, or even a regular hamburger (hold the mayo on both), along with a side salad, than ordering a combo that comes with a silo-sized soda, too.

Kids meals are a good alternative at fast food restaurants; they contain what *were* considered normal-sized portions for us grown-ups a few decades ago.

4. Good portions come in small packages.

If you find your will power is overpowered by a full bag of potato chips sitting in the pantry, don't buy the large bags. Get the individual lunch-sized bags one at a time. (Just don't buy the 12-bag assortment box of chips if you think you'll be tempted to finish off the entire box in a sitting. Key: Never eat out of the bag or carton. Choose foods packaged in individual serving sizes. Beware of "mini-snacks" -- tiny crackers, cookies, and pretzels. Most people end up eating more than they realize, and the calories add up.

If you're budget-minded, go ahead and buy the full-size bag and divvy out the chips into single serving zipper bags as soon as you get them home; you'll still be much more likely to keep yourself in check than if you were eating from the bag.

5. Size up servings.

Just how many of those chips are in a serving? Check the nutrition label to find out -- you may be surprised at how small an actual serving looks compared to what you usually eat. Learn what a serving is of your favorite snacks; start by measuring them out the next few times you eat them. Once you get into the habit of seeing how much a serving really looks like, you'll eventually be able to "eyeball" servings and know how much is too much.

6. Be gone, buffets!

My family is the gotta-love-a-bargain sort and going to a buffet used to be a weekly habit. (What could be better than all the food you want at one flat price?) I used to think I could tag along and still keep myself in check by sheer determination. The reality? I have to avoid buffets like the plague. Frankly, it is nearly impossible to practice portion control in an "all-you-can-eat" situation. If you've ever left a buffet feeling sick, just think about how you felt the next time you're tempted to gorge... that's what I do when I feel guilty about not going along.

7. Compare to control.

A really nifty way of learning to control portions is to mentally compare them with common, every day objects that you are used to seeing. Some of the reminders I use are that three ounces of meat is the size of a deck of cards or an audio tape; one ounce of meat is the size of a matchbook; and one cup of potatoes, rice or pasta looks like a tennis ball.

8. Keep Seconds Out of Sight

Don't serve family meals family-style. Don't keep platters of food on the table; you are more likely to "pick" at it or have a second serving without even realizing it. Keep pots and dishes away from the table where it's all too easy to go for seconds.

I can't tell you how many times I've rethought my second helpings as I've made my way from the table to the stovetop. I've often told myself to sit back down and wait it out. Remember, it takes about 20 minutes to feel satiated. By giving myself that "breather" I've realized I wasn't hungry enough for another helping after all.

9. Break Leftovers Down

Instead of using one large container to store leftovers such as casseroles, side dishes, or pasta, why not separate them into individually-sized containers?

That way, when you reach in the fridge to find something to reheat, you're retrieving just enough for one helping. Breaking down meal-sized servings into single servings will help you limit your food intake with no additional effort.

10. Say Yes to Soup and Salads

Eating a salad or having Soup before lunch or dinner is a sure-fire way to keep from overeating. It will help curb your appetite and give you a sense of satiety sooner. Of course, we're not talking a little bit of iceberg lettuce here. To reap full portion control benefits from rabbit food, load up your salad with veggies or even lean meat like turkey cubes. The fiber in the veggies will help you feel fuller and lean meat's protein will give you an instant energy boost.

11. Make Meat a Side Dish

Treat meat or meat-based entrees as a side dish rather than the main part of your meal. By loading up on veggies and healthy grains as the bulk of your meal instead of using them as sides, you'll feel full sooner and get extra vitamins and fiber. Experiment with new vegetables and preparation methods to keep things interesting.

12. Think BEFORE you bite!

"Mindful eating" is another way to help you master portion control. The concept is simple:

- Be aware. Think about what and how much you are consuming.
- Eat slowly, taste each bite.
- Recognize how frequently you eat.
- Enjoy the experience of eating.

By mindful eating, we monitor our choices and give our bodies the chance to respond to what we consume. This way we can enjoy food and share the cooking and dining experience with others, while recognizing when we have eaten enough so that we don't overeat.

FINALLY!

Treating yourself once in a while to a "forbidden" food will keep you from feeling deprived; a sense of deprivation can easily lead to overeating. Stop a binge before it starts by indulging every now and then.

HEALTHY RESTAURANT FINDS

The Healthiest Options at Your Favorite Restaurants

It's almost impossible to drive down the street today without being ambushed by themed restaurants and fast-food joints ready to throw a burger down your throat and ruin your best nutritional intentions. But in this ruthless wilderness, you can still discover some hidden healthy treasures.

Applebee's

- Low-POINT appetizers, desserts and entrees for dieters

Burger King

- Chicken baguette sandwiches have just 350 cal and 5g fat.

Chili's

- "Guiltless Grill" selections are lower in fat and list nutritional information right on the menu.

Chipotle

- Instead of Chicken Burrito (1179 calories, 47g fat), try a Burrito Bol w/chicken, minus the rice, cheese, and sour cream (369 calories, 12g fat).

Fazoli's

- You make your own pasta bowl, controlling the ingredients you want to include or eliminate. • You can also substitute whole wheat pasta.

Jack in the Box

- Chicken Fajita Pita is filling with only 10 grams of fat. Leave the shredded cheese out and make it 3 grams
- Skipping the mayonnaise or mayonnaise-based sauces can skim 100 or more calories and 12 grams of fat. Or use the Low Fat Herb Mayonnaise, with only 4 grams of fat.

Olive Garden

- Restaurant encourages you to choose whole wheat linguine with your pasta selection. Whole wheat pasta has three times more fiber and roughly 17% fewer carbohydrates than traditional pasta.

Outback

- Order Grilled Shrimp on the Barbie without butter and seasonings and with cocktail or BBQ sauce.
- Try Tangy Tomato (fat free), Mustard Vinaigrette, Olive Oil and Red Wine Vinegar dressings.
- Order Grillers without butter or glaze during preparation.
- Order Outback Lamb without sauce.
- Order Chicken on the Barbie without butter. Request BBQ sauce to be used during preparation.
- For Botany Fish of the Day and Salmon, order with cocktail sauce or fresh lemon instead of Remoulade Sauce.
- For Barbie Chook 'n Bacon , order prepared without butter or bbq sauce, and without the bacon and cheese.

Panera Bread

- The Strawberry Poppy Seed Salad is a seasonal favorite.

Pizza Hut

- Fit N Delicious Pizza (less cheese, more sauce) as little as 3.5 g fat per slice.

Red Lobster

- When ordering a baked potato, try Pico de Gallo sauce instead of butter and sour cream.
- Low fat, low calorie and low carb diners can find options in the Light House Selections menu.

Schlotzky's

- Zesty Albacore Tuna Wrap has only 311 calories and 7g fat.
- Chinese Chicken Salad has only 127 calories and 3g fat.
- Fresh Fruit Salad has only 123 calories and 1g fat.
- Low-fat menu items and fresh fruit desserts are also available.

Taco Bell

- Order entrée "fresco style" meaning salsa instead of cheese and sauce, saving about 25% of calories and fat.

Wendy's

- Grilled chicken without mayo has just 310 calories 8 grams of fat.

DINING OUT GUIDE

APPETIZERS

Enjoy vegetable-based soups, steamed seafood or fresh juice. Try to avoid the fried, cheesy and/or creamy appetizers.

BREAD AND ROLLS

Try choosing whole-grain or rye breads without butter. Limit your bread consumption by asking your server to remove the basket from the table.

ALCOHOL

Alcoholic beverages are often the source of many additional calories.

- Wine, 6 oz., 120 calories
- Beer, 12 oz., 146 calories
- Screwdriver, 6 oz., 150 calories
- Tequila sunrise, 6 oz., 210 calories
- Margarita, 8 oz., 400 calories

To cut calories try seltzer or light beer.

LOW FAT

Steamed, broiled, baked, roasted, boiled, wine sauce, grilled, stir-fried, poached

HIGH FAT

Fried, sautéed, batter dipped, creamed, cream sauce, cheese sauce, marinated in oil, special sauce, crispy

SALADS

Can be the source of a lot of hidden fat and calories. Try ordering light dressing served on the side.

Beware of high-fat extras like bacon, cheese, cold cuts and mayonnaise-based salads. Avoid the crusts and shells that some salads are served in.

ENTREES

Choose meat dishes with portion sizes of 6 ounces or less. Fish and poultry breast have fewer calories than red meats. Ask your waitperson to serve the entrée without butter, margarine, sour cream or cheese topping, and order sauces on the side.

DESSERT

Desserts can make or break a meal. Sidestep high-calorie desserts by choosing fresh fruit or sorbet, or have a decaf coffee or some herbal tea.

So What Do You Do?

Tips for Eating Out

Start your meal with a protein based dish that's not deep fried. A high protein starter helps diminish hunger without putting you into calorie overload.

Ask for a lunch portion of this dinner dish (or any pasta on the menu, for that matter), and request regular tomato sauce instead of meat sauce. You'll cut the calories in half.

Order the Chicken Fajita Pita: At 450 calories and 43 grams of protein, it's one of the healthiest entrees you'll find in a chain restaurant.

The golden rule of steak restaurants is this: Limit yourself to a 9 oz. or smaller. After all, that's more than half a pound of meat. You won't walk away hungry.

The Sizzling Chicken Fajita Salad supplies an acceptable 760 calories. But remember to choose a non-caloric beverage, such as water or unsweetened iced tea. Cut the Calories: Isn't it obvious? Order a small — or save half for later. Despite a reputation for using healthy, fresh ingredients, menus are limited to king size burritos, overstuffed tacos, and gigantic salads — all of which lead to a humongous waistline.

Tips for Success

- Have an apple or glass of water before leaving for the restaurant to curb your appetite.
- Alcohol may stimulate your appetite. Limit your consumption.
- Have your server remove your plate as soon as you are finished.

Remember that you do not have to finish everything on your plate; ask for a doggie bag. You can also ask that half your food be put in a doggie bag before it is served to you—then you can still finish your food and have the rest for the next day.

ORDERING GUIDELINES

- Request food to be baked, broiled, steamed, poached or grilled instead of fried.
- Try ordering two appetizers, or a soup and salad, instead of an entrée.
- Split a large meal with a companion, and order an extra salad or vegetable.
- Portions are large, so avoid the temptation to clean your plate; ask for a doggie bag.
- Ask that sauces and gravies be served on the side.
- Ask questions about meal-preparation techniques if you are unsure.
- Ask that the chef prepare your meal in wine rather than butter or oil.
- Order double portions of vegetables to replace rice or potatoes.

COOKING METHODS – Example:

- 10 oz. potato, 200 calories
- 10 oz. baked potato, 235 calories with one pat butter
- Large French fries, 400 calories
- Large baked potato with chili and cheese, 630 calories

Following these guidelines can help you make changes that will allow you to incorporate new eating habits into your lifestyle. The more consistent you are with your changes, the better your chance at achieving your goals.

FAST FOOD FRENZY

For many of us, when we go out to eat, it's tempting to let our guard down a bit. Sometimes we think, "I paid for it, so I'm going to eat it," or we reward ourselves for a hard or difficult day. But if you eat out fairly often, your choices can definitely impact your overall diet. Take a look at the examples below, and see how you can save fat and calories at some of your favorite places.

This week's tip is to help you make healthier decisions when eating out. By looking at the chart below, you can see how you can replace high-fat foods with some lower-calorie alternatives. You can try some similar changes at your favorite places, and many chain restaurants even list their nutrition information online to help you plan ahead. Just because its fast food doesn't mean it has to be unhealthy.

FAST-FOOD RESTAURANT	IF YOU CHOOSE:	YOU WOULD BE EATING:	IF INSTEAD YOU CHOSE:	YOU WOULD BE EATING:	AND YOU WOULD BE SAVING:
Mexican fresh grill	Chicken tostada and a large soda	Calories: 1,340 Fat: 55 grams (That's 11 teaspoons of fat)	Two broiled chicken Baja-style tacos with veggie mix + iced tea or water	Calories: 510 Fat: 16 grams	Calories: 830 Fat: 39 grams
Sandwich shop or deli	12-inch cheese steak sandwich topped with chipotle sauce + regular chips + a drink	Calories: 1,400 Fat: 60 grams (That's ¼ cup of fat)	6-inch ham sandwich + grilled chicken and baby spinach salad with fat-free Italian dressing + baked chips + iced tea, water or diet soda	Calories: 685 Fat: 10 grams	Calories: 715 Fat: 50 grams
Burger place	One double burger with cheese + large fries + large drink	Calories: 1,690 Fat: 85 grams (That's 1/3 cup of fat)	Garden salad topped with grilled chicken and one-half packet of lite Italian dressing + water, iced tea or diet soda	Calories: 354 Fat: 14 grams	Calories: 1,338 Fat: 71 grams
Italian	One slice cheese pizza + One slice pepperoni pizza + soda	Calories: 1,390 Fat: 50 grams (That's 10 teaspoons of fat)	One slice fresh mushroom pizza + garden salad with light dressing + fruit salad	Calories: 590 Fat: 20 grams	Calories: 800 Fat: 30 grams
Chinese	Two-item combo with sweet and sour pork, orange chicken, chow mein + a soda	Calories: 1,490 Fat: 62 grams (That's more than 4 tablespoons of fat)	Chicken with string beans + mixed vegetables + one-half order steamed rice + hot and sour soup	Calories: 510 Fat: 13 grams	Calories: 980 Fat: 49 grams