

## Down Size the Super Size!

Close your eyes for a minute and think about the last meal you ate. Was it a nice home cooked meal or did you go out to eat at a restaurant? Was the meal you consumed well balanced in regards to the right amount of proteins, fruits, vegetables, and carbohydrates? Regardless of where you ate and what you ate, did you notice the portion size of the food you consumed? These questions can sometimes make us realize that we're not always on the right track when it comes to food selections and sizes.

Now think about your clients and what their last meal was like. They, too, probably struggle with food choices. Let's face it, we could all use a little help in figuring out the right balance and right amount of food we eat on a daily basis!

Today, many people eat way more than they should. Part of the problem is that our portion sizes have gotten out of balance. Knowing how much to eat, called a serving size, is important to losing and maintaining weight. Most of us learn to measure food by sight and not by measuring cups or by reading Nutrition Facts labels. Today "super-sizing" food is commonplace. We often eat more than we should. So how do we make better choices about serving sizes?<sup>1</sup>

Here are some helpful tips you can share with your clients when trying to determine the correct serving size of food to eat:

### **Serving Size**

3 oz. meat/fish/beans  
1 baked potato  
1 medium fruit  
1 cup salad greens  
2 teaspoons of margarine  
2 tablespoons of peanut butter

### **Easy Measure Is:**

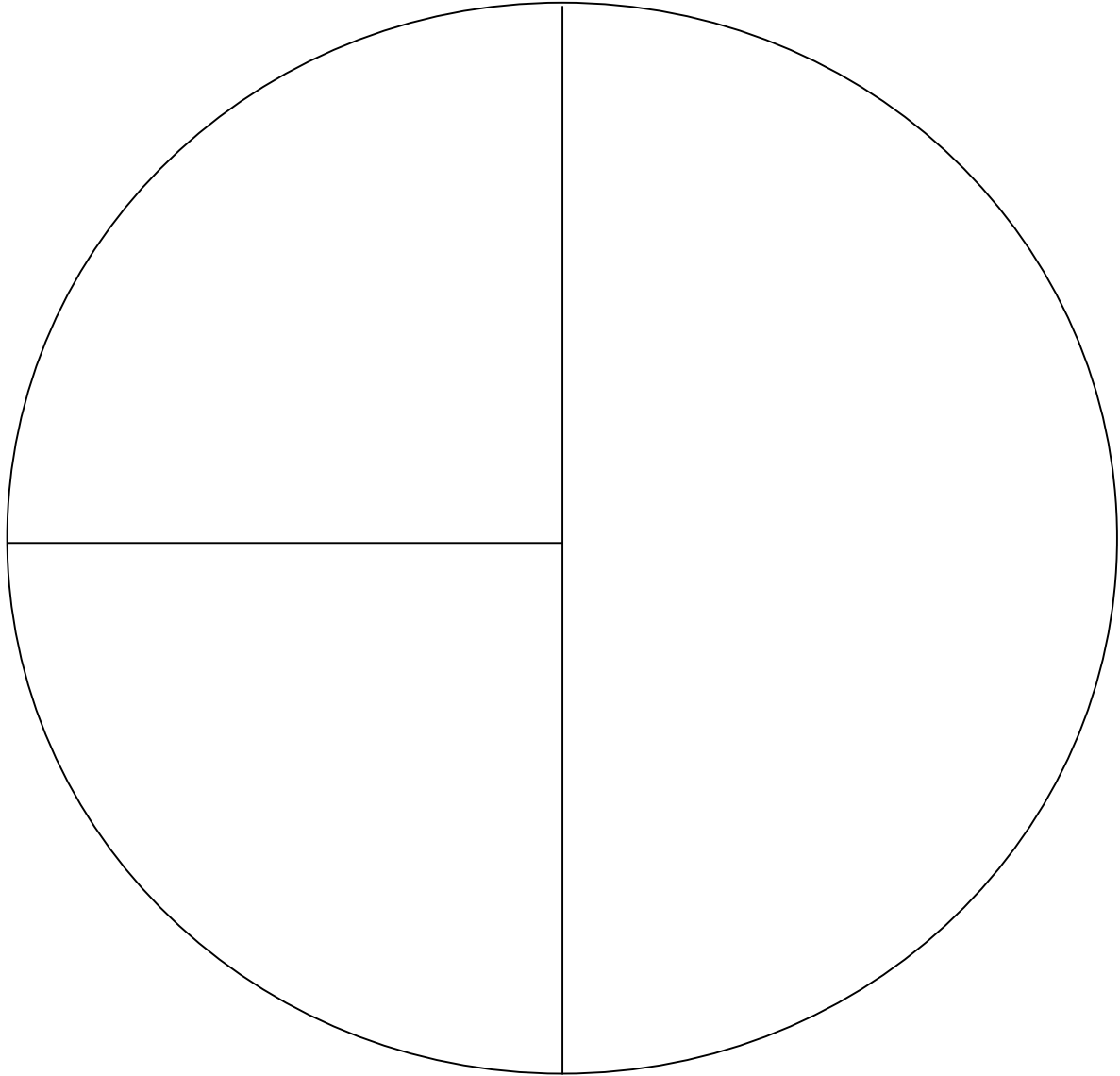
a deck of cards  
your fist  
a baseball  
a baseball  
2 dice  
a ping-pong ball

In addition to serving sizes, we also want the right balance in the types of food we eat. According to MyPyramid, one way to gauge it is using  $\frac{1}{4}$  of our plate for protein (lean meats/fish/beans),  $\frac{1}{4}$  of our plate for grains such as rice or a piece of bread (carbohydrates), and  $\frac{1}{2}$  of our plate for vegetables and/or fruit.<sup>2</sup>

Located below, and also found in Solutions for Wellness binder: Workbook 1 - page 154, is a quick exercise you can take your clients through to help them visualize what their last meal was or even what their next meal might look like. This exercise is as simple as using a paper plate or drawing one on a piece of paper and making a line down the middle of the plate. Then draw another line halfway through one of the halves. Now you're ready to discuss what should go in each section of the plate. It's a fun exercise that will get your clients thinking and talking about the foods they eat and how much they consume.

# Lunch / Dinner Plate<sup>1</sup>

What kind of food will you put on your plate when you eat your next meal? Let's take a look at your food choices and where they might go on this plate.



## References:

1. Vreeland, B., Toto, A.M., & Sakowitz, M. (2009). Choosing Wellness: Healthy Eating, Session 14 – Portions and Servings: Knowing How Much You Are Eating. In *Solutions for Wellness, Workbook 1* (pages 148 – 154).
2. U.S. Department of Health and Human Services, U.S. Department of Agriculture. (2005). *MyPyramid info for kids*. Retrieved March 5, 2007 from <http://www.mypyramid.gov>