

WARREN COUNTY COMBINE HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JULY 10, 2018

TODAY, LET'S TALK ABOUT EVERYONE'S FAVORITE SUBJECT...PORTION CONTROL! WHEN WE SIT DOWN TO EAT, IT'S ONE OF THE FIRST THINGS WE SHOULD CONSIDER – BUT PROBABLY THE LAST THING WE WANT TO THINK ABOUT!

LONG GONE ARE THE DAYS OF EATING A MUFFIN OR BAGEL AND FEELING “SAFE” ABOUT THE CALORIC CONTENT. AS A MATTER OF FACT, WHEN RESEARCHERS MEASURED TYPICAL SERVINGS FROM TAKEOUT RESTAURANTS, FAST FOOD CHAINS AND FAMILY-STYLE EATERIES, THEY FOUND THAT BAGELS WERE 195% LARGER THAN THE STANDARD SET BY THE USDA! MUFFINS WERE EVEN WORSE: 333%! COOKED PASTA EXCEEDED THE STANDARD BY 480%! UNFORTUNATELY, MY FAVORITE FOOD WAS THE ABSOLUTE WORST! (I COULD HAVE GUESSED THAT...) PRESENT-DAY COOKIES WERE A WHOPPING 7X THE USDA RECOMMENDED SERVING SIZE!

THE FIRST STEP TO SUCCESSFUL PORTION CONTROL IS LEARNING THE CORRECT SERVING SIZE – THE AMOUNT OF FOOD RECOMMENDED BY GOVERNMENT AGENCIES, SUCH AS “CHOOSE MY PLATE” FROM THE USDA. THE SERVING SIZE CAN USUALLY BE FOUND BY READING THE NUTRITIONAL LABEL OF AN ITEM. HOWEVER, THE PORTION IS THE AMOUNT OF FOOD OR DRINK AN INDIVIDUAL CHOOSES TO CONSUME. IN SOME CASES, THE PORTION EATEN IS LARGER THAN THE SERVING SIZE SIMPLY BECAUSE WE DON'T KNOW ANY BETTER! (MAKE THAT “MOST” CASES...& ACTUALLY, WE ALL 100% DO KNOW BETTER!)

PORTION CONTROL, AS YOU ALREADY KNOW, IS A MATTER OF LIMITING THE AMOUNT YOU EAT. HERE ARE 12 SIMPLE THINGS TO KEEP IN MIND WHEN ATTEMPTING TO DO SO:

- 1) USE PORTION CONTROL DISHWARE. PICK OUT SMALLER PLATES, BOWLS, CUPS AND GLASSWARE IN YOUR KITCHEN AND MEASURE WHAT THEY HOLD. ALSO USEFUL WOULD BE CALIBRATED SERVING UTENSILS.
- 2) LEARN HOW TO ESTIMATE SERVING SIZES. “BALLPARK” FOOD PORTION SIZES BY ESTIMATING SERVING SIZES IN COMPARISON TO KNOWN OBJECTS. REFER TO THE HANDOUT FOR AN EASY GUIDE!
- 3) LIMIT YOUR OPTIONS. THE MORE VARIETY WE HAVE AVAILABLE TO US, THE MORE WE'LL EAT! IT'S JUST HUMAN NATURE. BY LIMITING YOURSELF AT THE GROCERY STORE, YOU'LL FIND THAT YOU GET JUST A LITTLE LESS EXCITED WHEN IT COMES TO EATING SUPPER OR NIGHT TIME SNACKING. THAT COULD BE A GOOD THING!

- 4) MEASURE ACCURATELY. FOR FOODS AND BEVERAGES, USE GADGETS LIKE A MEASURING CUP, TABLESPOON, TEASPOON OR A FOOD SCALE. NOT VERY FUN, BUT FOR SURE VERY EFFECTIVE!
- 5) DISH OUT YOUR SERVINGS SEPARATELY. SERVE FOOD FROM THE STOVE ONTO PLATES RATHER THAN FAMILY-STYLE AT THE TABLE...THEN DO NOT GO BACK FOR SECONDS, UNLESS IT'S A PLATE OF SALAD OR SOME SUCH. IT'S A WELL ESTABLISHED FACT THAT THE MORE YOU'RE SERVED, THE MORE YOU'LL EAT.
- 6) MAKE YOUR OWN SINGLE-SERVING PACKETS. RE-PACKAGE BULK QUANTITIES OF MUCH-USED ITEMS SUCH AS RICE, PASTA, AND CEREAL INTO INDIVIDUAL ZIPPER BAGS SO THAT WHEN YOU'RE IN THE MOOD FOR SOMETHING, YOU'LL INSTANTLY SEE THE NUMBER OF PORTIONS YOU'RE PREPARING. YOU COULD EVEN TAKE IT ONE STEP FURTHER & INCLUDE THE NUMBER OF CALORIES ON THE BAGGIE, USING A SHARPIE MARKER.
- 7) USE YOUR MUFFIN TIN FOR MORE THAN MUFFINS! YOU COULD MAKE LITTLE OMELETS TO TAKE TO WORK – TINY MEAT LOAVES – WOULD YOU BELIEVE MAC & CHEESE?! IF YOU FILL UP THE REST OF YOUR PLATE WITH SOME HEALTHY VEGGIES, IT'LL BE ENOUGH. YOU JUST HAVE TO LET IT BE ENOUGH!
- 8) ADD THE MILK BEFORE THE COFFEE. WHEN POSSIBLE, POUR YOUR MILK INTO THE CUP BEFORE ADDING THE HOT BEVERAGE TO BETTER GAUGE THE AMOUNT USED.
- 9) MEASURE OIL (& BUTTER!) CAREFULLY. THIS IS ESPECIALLY IMPORTANT! OILS HAVE SO MANY CALORIES THAT IT'S NOT A GOOD IDEA TO POUR IT DIRECTLY INTO YOUR COOKING PAN OR OVER FOODS. THIS CAN SERIOUSLY MAKE OR BREAK A MEAL, (NOT TO MENTION A MONDAY WEIGH-IN!) CALORIE-WISE.
- 10) CONTROL PORTIONS WHEN EATING AWAY FROM HOME. AN OLD WEIGHT WATCHER'S TIP (I LEARNED IT FROM RUTHIE, ACTUALLY!) IS TO BOX UP HALF BEFORE YOU EVEN START EATING! IF YOU'RE WITH A FRIEND, YOU COULD SPLIT A MEAL. ALWAYS ASK FOR SALAD DRESSING AND/OR SAUCES ON THE SIDE. SOME RESTAURANTS HAVE SPECIAL CHILDREN'S AND/OR SENIOR CITIZEN'S MENUS. THOSE WILL HAVE SMALLER SERVING SIZES, SO THAT COULD BE HELPFUL!
- 11) THIS MAY SEEM LIKE A STRANGE TIP, BUT DON'T SKIP MEALS! IF WE DO MISS A MEAL, MOST OF US GET SO HUNGRY THAT BY THE TIME WE GET A CHANCE TO EAT, WE EAT TOO QUICKLY – AND I DON'T HAVE TO TELL YOU WHAT HAPPENS THEN! PORTION CONTROL WILL BE A DISTANT MEMORY!
- 12) ADD VEGETABLES. THIS ADDS BULK & FIBER, BOTH OF WHICH HELP YOU FEEL FULL. FOR

EXAMPLE, PRIOR TO A MEAL, YOU COULD EAT A SALAD OR A CUP OF LOW-CAL VEGETABLE SOUP – OR YOU COULD ADD VEGGIES TO A CASSEROLE OR SANDWICH. BY FILLING UP ON FOODS WITH HIGHER VOLUME (FRUITS & VEGETABLES), WE CAN EASILY CONTROL OUR PORTIONS OF THE HIGHER CALORIE ITEMS! REMEMBER: EATING TOO MANY FRUITS & VEGETABLES IS DEFINITELY NOT WHAT BROUGHT US ALL TOGETHER TONIGHT!

HERE'S ONE MORE TIP I JUST THOUGHT OF...KEEP A FOOD RECORD! THERE'S NOTHING LIKE A REALITY CHECK TO KEEP YOU HONEST. LET'S FACE IT, WHEN YOU'RE SUPER HUNGRY, ONE SERVING JUST MIGHT EQUAL ONE CONTAINER! IF IT'S AN ITTY-BITTY CUP OF FAT FREE YOGURT, WELL – NO HARM, NO FOUL! HOWEVER, IF IT'S A GIANT BOX OR BAG OF (INSERT YOUR FAVORITE CRAZY SNACK FOOD HERE!) THEN YOU MIGHT HAVE A PROBLEM!!!

HOW DID YOU DO WITH “NO POPCORN” LAST WEEK?

OUR “NO!” FOOD FOR THIS WEEK: POTATOES IN ANY FORM: BAKED/MASHED/CHIPS, ETC.

