

Class 15: Let's Practice Portion Sizes

A. History of Portion Sizes

1. Researchers from the University of North Carolina at Chapel Hill analyzed three government surveys taken over two decades and reviewed answers to the average portion size consumed for specific foods, such as snacks, desserts and soft drinks. They also looked at whether the eating was done at home or out.
2. According to the study, Americans are eating per portion, on average:
 - 93 more calories from salty snacks, such as potato chips, pretzels and popcorn.
 - 49 more calories from soft drinks.
 - 97 more calories from hamburgers.
 - 68 more calories from French fries.
 - 133 more calories from Mexican food, such as burritos, tacos, enchiladas
3. Marketplace food portions have increased in size and now exceed federal standards. Portion sizes began to grow in the 1970s, rose sharply in the 1980s, and have continued in parallel with increasing body weight.
4. Americans aren't aware of how much they're eating: We're getting so used to eating out and used to (restaurants') portion sizes. We're getting a distorted view of what portion sizes are. We're not likely to make a distinction between restaurant sizes and real sizes when going home."
5. A "portion" is how much food you choose to eat at one time, whether in a restaurant, from a package, or in your own kitchen. A "serving" size is the amount of food listed on a product's Nutrition Facts.
 - Sometimes, the portion size and serving size match; sometimes they do not.
 - Keep in mind that the serving size on the Nutrition Facts is not a recommended amount of food to eat. It is a quick way of

letting you know the calories and nutrients in a certain amount of food.

B. Portion Sizes and Health

1. Nearly 60 percent of the country is overweight, with the numbers growing, said the Centers for Disease Control and Prevention.
2. An extra 10 calories per day translates to one pound gained per year
3. Because energy content increases with portion size, educational and other public health efforts to address obesity should focus on the need for people to consume smaller portions rather than only concentrating on food choices.

C. Strategies for Controlling Portions

- 1.

D. Activities

1. The leader will need one set each of Portion Distortion Quiz 1 & Quiz 2 to lead this activity. (Consider creating one laminated copy at BC and one at MHA for checkout by team leaders.
2. Go through each “slide” and discuss the food item and its portion size with group participants. The following slides will give you the correct answer and will also discuss how much physical activity it takes to offset the larger portion.
3. Print one copy of the “serving size card” for each team member to place in their wallet to use when they are trying to determine portion sizes.

There is no food preparation for this class. Leaders will need to use a computer to access the National Institutes of Health Portion Distortion Quizzes (Parts 1 & 2). Copy & paste this link you're your browser.

(http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/portion/index.htm?utm_content=bufferf239c&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer)

Each team member will need a copy of the Servingcard and handout “Estimating Portion Sizes”.