

Prevent Portion Distortion

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Portion sizes have gotten bigger over the past 20 years, and so have we! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act ... balance calories in with calories out.

If you downsize your portion size and feel a smaller portion looks too small ... serve it on a smaller plate so it looks larger. Note the difference in the appearance of one cup of cereal when a smaller bowl is used.

Using a smaller plate or bowl also can help you eat less according to research by professors Brian Wansink and Koert van Ittersum. Larger plates can make a serving of food appear smaller. For example, in a study conducted at a health and fitness camp, campers given larger bowls consumed



16 percent more cereal than those given smaller bowls. Their estimates of their cereal consumption, however, were 7 percent lower than the estimates of those eating from the smaller bowls.

Portion Distortion

20 YEARS AGO



333 Calories

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* *Based on 130-pound person

TODAY



590 Calories

DIFFERENCE

257 MORE CALORIES

20 YEARS AGO



Coffee, 8 oz (with whole milk and sugar)

45 Calories

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories* *Based on 130-pound person

TODAY

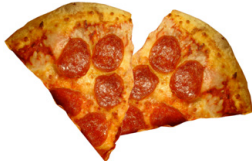


Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)

350 Calories

DIFFERENCE

305 MORE CALORIES



500 Calories

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* *Based on 160-pound person



850 Calories

350 MORE CALORIES



1.5 oz

210 Calories

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* *Based on 130-pound person



4 oz

500 Calories

290 MORE CALORIES



1 cup spaghetti with sauce and 3 small meatballs

500 Calories

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* *Based on 130-pound person



2 cups spaghetti with sauce and 3 large meatballs

1,025 Calories

525 MORE CALORIES



1.5 diameter

55 Calories

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories* *Based on 130-pound person



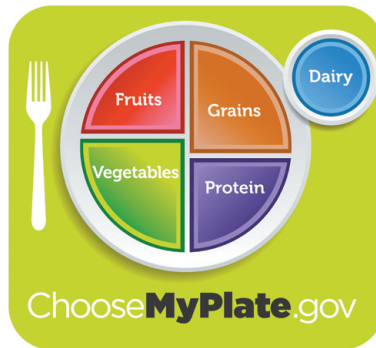
3.5 diameter

275 Calories

220 MORE CALORIES

MyPlate Helps You Choose Types and Amounts of Foods

The following foods and amounts are for a 2,000 calorie daily food pattern for ages 19 and over. Your calorie needs may be more or less; adjust the amount you are eating accordingly. For a more personalized plan for YOUR calorie level, based on your age, gender, height/weight, and activity level — and for ages 2 through 18 — visit <http://choosemyplate.gov>.



GRAINS:

**Eat 6 “ounce-equivalents.”
Make at least half your grains whole grains.**

- Ounce-equivalents:*
- 1 slice bread
 - 1 cup ready-to-eat cereal (such as flakes)
 - ½ cup cooked pasta, cooked rice, or cooked cereal

FRUITS: Eat 2 cups of fresh, canned, or frozen fruits.

- In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the Fruit Group
- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides

VEGETABLES: Eat 2½ cups of fresh, frozen, canned vegetables, or an equivalent amount of dried/dehydrated vegetables.

- Note: 2 cups raw leafy greens = 1 cup of vegetable

DAIRY: Consume 3 cups of fat-free or low-fat milk (1%) or equivalent Dairy Group foods.

- 1-cup equivalents:*
- 8 oz milk
 - 1 cup yogurt
 - 1½ oz natural cheese
 - 2 oz processed cheese
 - 8 oz calcium-fortified soy beverages

PROTEIN FOODS: Eat 5½ oz (or equivalent) of lean meat, poultry, or fish.

- 1-ounce equivalents:*
- 1 oz meat, poultry, or fish
 - ¼ cup cooked beans or peas (does not include green beans and peas)
 - 1 egg
 - 1 tablespoon peanut butter or almond butter
 - ½ oz of nuts or seeds
 - ¼ cup (about 2 oz) of tofu
 - ¼ cup roasted soybeans

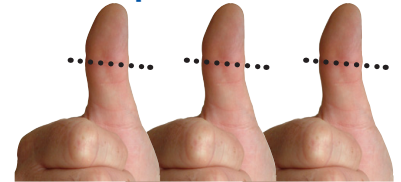
Keep an Eye on Your Portion Sizes

Here are some ways to “eyeball” food portion amounts:



1 teaspoon = tip of a thumb to the first joint

1 tablespoon = 3 thumb tips



1½ ounces of cheese =
4 stacked dice



3 ounces cooked meat, or poultry = a deck of cards



3 ounces grilled/baked fish = checkbook



REFERENCES:

- Choose MyPlate at <http://ChooseMyPlate.gov>
- Dietary Guidelines for Americans, 2010 at www.cnpp.usda.gov/DGAS2010-PolicyDocument.htm
- Keep an Eye on Portion Size Serving Size card, Dept. of Health & Human Services, National Institutes of Health, and National Heart, Lung, and Blood Institute at <http://hp2010.nhlbihin.net/portion/servingcard7.pdf>
- Portion Distortion Quiz, Dept. of Health & Human Services, National Institutes of Health, and National Heart, Lung, and Blood Institute at <http://hp2010.nhlbihin.net/portion>
- Rethink Your Drink, Centers for Disease Control and Prevention at www.cdc.gov/healthyweight/healthy_eating/drinks.html
- Selected Messages for Consumers, USDA Center for Nutrition Policy and Promotion at www.choosemyplate.gov/print-materials-ordering/selected-messages.html
- Wansink, Brian and Koert van Ittersum (2006), “The Visual Illusions of Food: Why Plates, Bowls and Spoons Can Bias Consumption Volume,” *FASEB Journal*, 20:4 (Mar 6) A618-A618, Part 1

For more information about healthy eating, visit <http://food.unl.edu>

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