

# Portion Distortion

## Getting your food portions under control

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*By Annette Sym*

Have you checked the size of dinner plates lately? Our servings are getting bigger and so are our plates. I remember when I was a kid (showing my age now) our dessert bowls were quite small and a glass was as well. Now we have huge bowls and tumblers as glasses.

We are definitely upsizing meals more and more and it is showing on our bodies, as we are now bigger than ever before in history. A good example is bread, which used to be about 0.9 ounce for a slice. Now most bread slices weigh 1.2-1.5 ounces.

I don't know anyone who has cut their sandwiches down to compensate which could explain why so many people are having too many carbs in their day and not even aware of this. Here are some other portion distortions:

### **1. How much steak should you really have?**

The size of meat should be raw 4 ounces for women and men 5 ounces. A piece of rump steak – cut the fat off the side and it will drop the fat count down by half. A breast of chicken – breast with skin on about 0.4 ounces remove the skin about 0.2 ounces.

### **2. Let's look at nuts.**

They say a small handful is a good amount should weigh about 0.7-0.8 ounces.

### **3. Fruit**

This is a good one as everyone thinks that fruit is good and it is but how much are you having? To lose weight women should have 2-3 pieces and for men 3-4 a day. For maintained 4-5 pieces a day max. The size per serve is 5 ounces, so if your apple weighs 8 ounces it is now 1 and half fruit serves.

### **4. Packets of chips and snacks**

Packets of chips and snacks have grown larger. Don't sit down to watch TV with a 9 ounce bag of chips. It is so easy to just eat the contents without even being aware of what you are doing. Instead measure out no more than 2 ounces in a bowl.

### **5. Soft drinks are way, way, way over consumed.**

There are 32 teaspoons in a 1.25 liter bottle of soft drink, 9 teaspoons in a can so loads of calories here.

### **6. Takeaways and drive through meals**

Try not to have takeaways and drive through meals as a regular part of your week and don't fall into the trap of upsizing just because it's only 50 cents extra. Think about what the cost to your health and your weight will be.

## Here are more tips:

1. Rice should be between  $\frac{1}{2}$  to  $\frac{3}{4}$  cup for women, 1 cup for men.
2. Spaghetti should be 1 cup for women and  $1\frac{1}{2}$  cups for men.
3. Have no more than 2-3 average (5 ounces) servings of fruit a day.
4. Vegetables are unlimited but this does not include potato, corn or avocado.
5. Look at the kilojoules of food, you may be eating low fat crackers but could be eating a huge amount of kilojoules. Check the labels of products.
6. Weigh your food for a few days to see how much you are having. You might be surprised. For example, I asked my husband how much cereal (muesli) he ate in the morning, he weighed it and was shocked to find out he was eating double what he really should be having.
7. Don't eat on the run, it is much better to sit and take your time, savor the moment.
8. Most times we confuse hunger with being thirsty so drink lots of water and see if this helps keep your hunger at bay.
9. Don't eat just for the sake of it or out of habit or boredom. Next time you eat something ask yourself are you eating because the clock says its time to eat or are you actually hungry?
10. It's all about being conscious of what you are eating and making the right choices, but also still eating in moderation



♥ Annette