

Prevent Portion Distortion

Alice Henneman, MS, RD
Amy Peterson, MS, RD
UNL Extension Educators
ahenneman1@unl.edu • apeterson3@unl.edu

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

Renee Comet, National Cancer Institute



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



45 Calories

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

TODAY

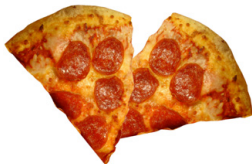
Renee Mcgurk, www.flickr.com



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



2 cups spaghetti with sauce and 3 large meatballs

1,025 Calories

525 MORE CALORIES

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

Renee Comet, National Cancer Institute



1.5 diameter

55 Calories

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



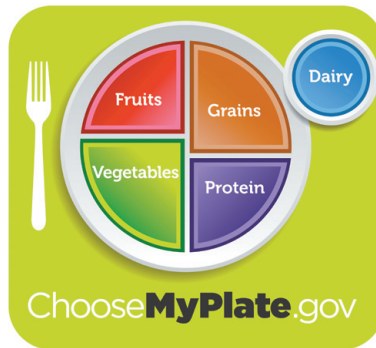
3.5 diameter

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.

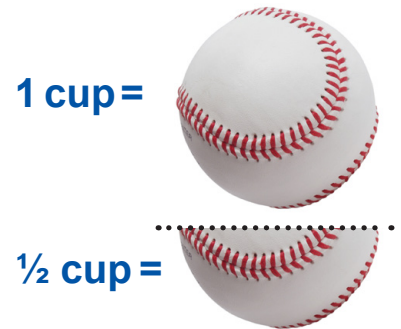
- 1-cup equivalents:*
- 8 oz milk
 - 1 cup yogurt
 - 1½ oz natural cheese
 - 2 oz processed cheese
 - 8 oz calcium-fortified soy beverages

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

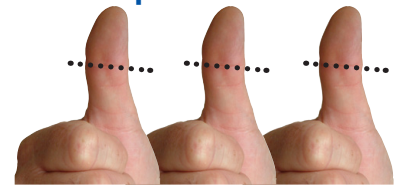
Keep an Eye on Your Portion Sizes

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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