

# Portion Well

## Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Portion Well**. This learning module contains 5 posters and takes approximately 10 minutes to complete.

Before you get started, print the **Passport to Weight Management: Portion Well** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



# Passport to Nutrition: Portion Well



Name: \_\_\_\_\_

Answer these questions as you go through the educational exhibit to reinforce your learning.

## Exhibit 1: What Is A Healthy Portion Size?

List the foods you have been consuming in portion sizes that are too large:

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List the foods you have been consuming in portion sizes that are too small:

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## Exhibit 2: Discovering Non-Food Related Rewards

List 2 non-food related treats that you would be willing to substitute for a food opportunity for you or your family:

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## Exhibit 3: Pace Your Meals And Eating Time

Taking a bite of food every \_\_\_\_\_ seconds rather than every \_\_\_\_\_ seconds reduces food consumption by 50% over the course of 20 minutes.

Do you think you are eating your meals too quickly? Yes or No

Do you typically get an additional serving before 20 minutes of time has passed since you started your meal? Yes or No

## Exhibit 4: Portion Tips For Eating At Home

Are the plates you use at home too large, too small, or just right?

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## Exhibit 5: Portion Management Outside The Home

Name 3 strategies you would be willing to use as factors that you can control when eating outside the home to help you manage portions and eat healthy:

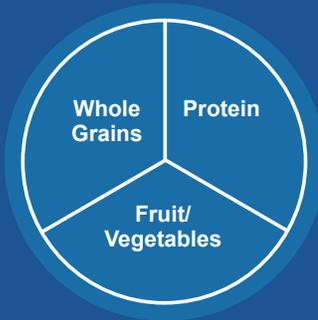
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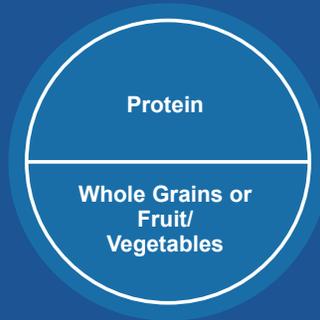
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# WHAT IS A HEALTHY PORTION SIZE?

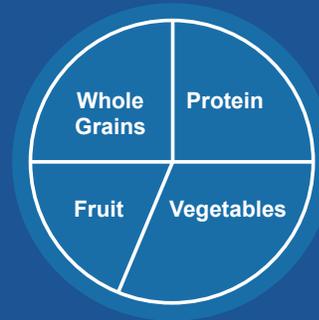
Use the Plate Models for the Right Amount of Calories and Nutrients Throughout the Day



Breakfast Trio



Snack Duo



4-Quadrant Plate:  
Lunch and Dinner

## Visual Guideline to Healthy Portion Sizes



1 cup =  
Baseball



3 ounces =  
Deck of Cards



1/2 cup =  
Tennis ball



3 ounces =  
Checkbook

### Whole Grains

- 1/2 cup brown rice, whole grain pasta or cereal
- 1 cup dry cereal
- 1 slice whole grain bread

### Vegetables and Legumes

- 1 cup raw leafy vegetables
- 1/2 cup cut-up raw or cooked vegetables
- 1/2 cup beans or peas

### Fruits

- Medium fruit, apples, orange, pear = baseball
- 2 small fruits, apricots, plums, kiwi
- 2 ounces dried fruit, no sugar added
- 1/2 cup fresh, frozen or canned fruit (no sugar added)

### Protein

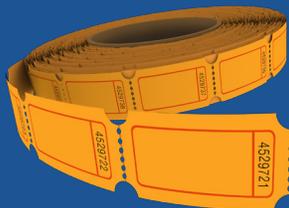
- 3 ounces cooked chicken breast = deck of cards
- 3 ounces grilled fish = checkbook
- 1 cup yogurt or milk

# DISCOVERING NON-FOOD RELATED REWARDS



There are simply too many food opportunities for both adults and children that can be replaced by discovering treats that are non-food related.

## Treat Yourself and Your Children with Non-food Rewards:



### Adults

- Walk/hike alone or with a friend
- Call a friend or family member
- Play Frisbee, ping-pong, jump rope
- Sleep in
- Take a bath
- Download a new song
- Spend Sunday morning with the newspaper
- Attend a theater or sporting event

### Children

- Read a story or play a game together
- Play catch, ping-pong, shoot hoops
- Go to the park together
- Take a vacation day and spend together
- Celebrate a milestone with a sleepover or play date with a friend
- Attend a game or movie — let child choose





# PACE YOUR MEALS AND EATING TIME



**20 Minutes**

## Healthy Portions at Regular Times

- Eating regular meals and snacks keeps glucose and energy levels stable.
- Missing meals can cause overindulgence of unhealthy foods or excessive portions.

## Pace your Eating

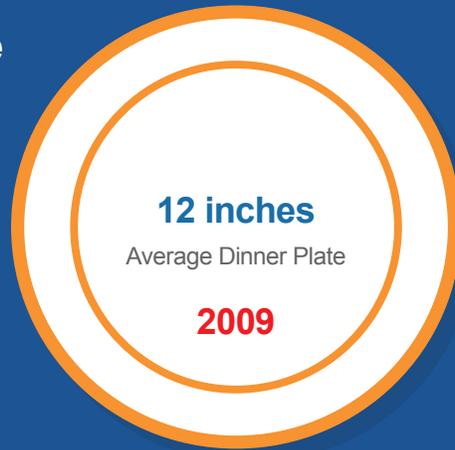
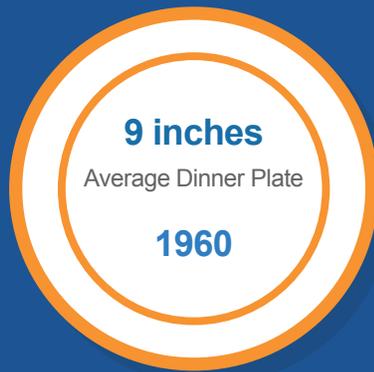
- Eating with others slows down food consumption, keeps you connected with family, friends and co-workers, and helps you make better food choices and moderate portions.
- It takes 20 minutes for the brain to register that the stomach is satisfied.
- Taking a bite every 30 seconds rather than a bite every 20 seconds reduces consumption by 50% over the course of 20 minutes. This extra time gives the brain and stomach a chance to register fullness.
- When people eat alone, they tend to eat faster and their habits contribute to choosing less healthy foods.

# PORTION TIPS FOR EATING AT HOME

## Choose Smaller Dishes

A 12-inch plate is 50% larger than a 9-inch plate.

### The Dinner Plate



## Measure Servings

Measure your servings with a measuring cup or a kitchen scale.



## Serve Once then Put Food Away

When food is in plain sight, for example right on the table, it is easy to take another portion.

## Visible Fruit Bowl in Kitchen

Keeping a bowl of fruit in your kitchen encourages healthy snacking.



# PORTION MANAGEMENT OUTSIDE THE HOME



Many people eat up to half their meals outside of the home so it is important to utilize healthy eating practices at restaurants, parties, and potlucks.

## Factors You Can Control at Restaurants:

### Portion size

- Share entrée with a friend.
- Order appetizer as a meal.
- Box up 1/2 of meal before you start.
- Go through buffet once, use a smaller plate, and select healthy options.

### Bread

- Avoid bread since white breads have little nutritional value.

### Preparation

- Grilled or baked items are healthier options.

### Substitutions

- Substitute a green salad or fruit instead of French fries.
- Ask for oil and vinegar instead of prepared salad dressing or ask for salad dressing on the side.

### Beverages

- Skip soda and have sparkling water with lemon.
- Limit alcohol and alternate with a glass of water.

### Dessert

- Choose fruit as your dessert.
- Share a sweet treat and enjoy a few bites.



## Tips for Parties and Potlucks

- Eat a little before you go so you are not so tempted to indulge in foods that are high in fat, sugar, and salt.
- Bring a favorite healthy dish to enjoy with others.
- Limit the foods on your plate to healthy options.

# Portion Well

## Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Portion Well**. The Exhibit shared nutrition education and tools and techniques that will help you make more informed portion management choices in the home and when eating out. You are now ready for the **Portion Well** Challenge to put these practices into daily living.