

Nutrition Matters

Nutrition Services, Community and Health Services

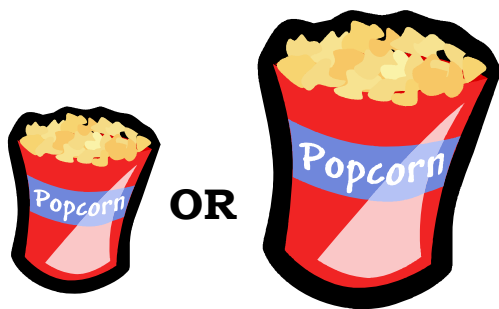
Put an end to portion distortion

At first glance, many people think that Canada's Food Guide calls for more servings than they could possibly eat. But a "food guide serving" isn't a mountain of pasta, a mega movie theatre-sized bag of popcorn and pop, or a steak that covers your entire plate.

The food guide identifies serving sizes to help you plan—and judge—your food portions. Use the portion aids in the chart on the back of this page to visualize what one food guide serving looks like. Then double-check the portion sizes you normally eat using a measuring cup. You may be surprised.

Remember that different people need different amounts of food, depending on their age, gender, body size, and activity level.

A super-sizing nation



When eating out, do you usually purchase the larger-sized meal or snack to get more value for your dollar?

"Value-marketing" is an approach taken by the food industry to increase profits by providing consumers with

"more for their money". Providing larger portions of food for just pennies more encourages consumers to purchase larger portions. This often results in overeating, and is likely a major contributor to the recent epidemic of overweight and obesity in adults and children.

So what can you do?

When eating out, do your body a favour and order the smaller size, or if you order the super-size, share it with a friend

- Request half-portions of regular menu items
- Share dessert with a friend
- Ask your waiter to wrap up the leftovers










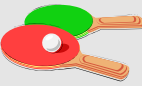

Abandon the "clean your plate" syndrome

Develop an eye for portion size and go for smaller first helpings. Then pace yourself, eat slowly and savour the flavour. Listen to your body; stop eating when you feel comfortably full, not stuffed. Have the leftovers at your next meal or the next day.

Snack attack?

You don't need to avoid snacking. Including two or three small snacks daily can make you less likely to overeat at your next meal. Go for healthy choices such as a glass of milk with a couple of fruit bar cookies, a few whole-grain crackers and a piece of low fat cheese, fresh fruit with yogurt or raw veggies with yogurt dip.

Be careful of your interpretation of portion sizes.

Food guide servings look like...	
<p>Vegetables and Fruit</p> <p>One medium fruit or ½ cup (1 serving) = a tennis ball </p> <p>¼ cup (60 mL) dried fruit (1 serving) = a golf ball </p> <p>1 cup (250 mL) raw leafy vegetables (1 serving) = a fist</p>	<p>Milk and Alternatives</p> <p>1 cup (250 mL) milk (1 serving) = a single-serve carton </p> <p>¾ cup (175 g) yogurt (1 serving) = single-serve container </p> <p>50 g cheese (1 serving) = size of two thumbs or 2 processed cheese slices </p>
<p>Grain Products</p> <p>1 roll or English Muffin (2 servings) = hockey puck </p> <p>1 cup (250 mL) cooked rice or pasta (2 servings) = 2 light bulbs </p> <p>¾ cup (175 mL) hot cereal (1 serving) = a small fist</p> <p>2 cups air-popped popcorn (1 serving) = 2 fists</p>	<p>Meat and Alternatives</p> <p>75 g meat, poultry, or fish (1 serving) = deck of cards, </p> <p>¾ cup cooked legumes (1 serving) = an ice cream scoop </p> <p>2 tbsp peanut butter (1 serving) = ping pong ball </p> <p>¼ cup (60 mL) nuts and seeds (1 serving) = Cupped palm of hand </p>

Some examples to keep in mind:



A large plate of pasta may count as three to four servings of Grain Products.



A large bagel may count as three to four servings of Grain Products.



A juice box (250 mL) counts as two servings of Vegetables and Fruit.