

FitFUTURE

Strategies for
Better Living.



Do you suffer from **PORTION DISTORTION?**



by Jennifer Kerr, MS, RD, CDN

Think back to when you were a child, and compare the portion sizes you received from commercial foods and restaurants to those served to your children today. Anyone eating prepared packaged foods on the go or dining out at restaurants has probably noticed that food portions have gotten larger and larger over the last 30 years. Along with portion increase, the American waistline has also expanded over this time period.

Some portions are referred to as "super sized," others have simply increased so much as to provide enough food to feed at least three people. This has also translated to home-prepared meals. What society considers "normal" in terms of portioning these days is actually far too much food. This is known as "Portion Distortion."

Follow this advice to keep your portions in check.

- **Be a mindful eater and foster mindfulness in your child.** Mindfulness is deliberately paying attention to yourself and your meal and listening to your internal cues for hunger and satiety. Being a mindful eater is being free of reactive, habitual patterns of thinking, feeling and acting around food.

TEST YOUR
PORTION-IQ BY TAKING
THE PORTION DISTORTION
INTERACTIVE QUIZ AT
[HTTP://HP2010.NHLBIHIN.NET/PORTION/INDEX.HTM](http://hp2010.nhlbihin.net/portion/index.htm)

- **Know the difference between a portion and a serving.** A portion is the amount of food you choose to eat. A serving is a standard measured amount.
- **Eat healthy snacks between meals and provide them to your children.** Keep ravenous hunger at bay by feeding small frequent feedings instead of two or three large meals.
- **Read the labels carefully.** Many packaged foods and drinks look as if they provide one serving, but they actually contain two or more. Make sure you check the number of servings per container first and then eat or drink a single serving.
- **Use smaller dishes.** Food psychologist Brian Wansink, author of *Mindless Eating* invited 85 food experts to an ice cream social and gave them a small or large bowl and a small or large scoop. Even the experts, served 31% more ice cream (127 more calories) in the large

bowl and 15% more (60 calories) from the big spoon. Try using smaller plates, bowls, and glasses and serving utensils for your meals.

- **Substitute veggies.** Fill out your plate with veggies like celery, carrots, or peppers. They help you feel fuller without adding too much in terms of calories.

- **Wait before you go for seconds.** If you're hungry for more, try waiting 10 -15 minutes.

Your stomach needs time to signal the brain that it's satisfied. If you're truly hungry after 10-15 minutes, help yourself to more of a lighter food choice, like more salad or a piece of fruit.

PRINT AND
LAMINATE THIS HELPFUL
SERVING SIZE CARD AND REFER
TO IT FOR HEALTHY SERVING SIZE
GUIDELINES:

[HTTP://HP2010.NHLBIHIN.NET/PORTION/SERVINGCARD7.PDF](http://hp2010.nhlbihin.net/portion/servingscard7.pdf)

Resources:
National Heart Lunch and Blood Institute
<http://hp2010.nhlbihin.net/portion/keep.htm>
The Center for Mindful Eating <http://www.tcmee.org/>
Mindless Eating, Why We Eat More Than We Think
<http://www.mindlesseating.org/>