

Estimating portion sizes using everyday objects:

OILS*

- 1 teaspoon of butter or margarine = a postage stamp, a thumb tip (top joint)
- 2 tablespoons salad dressing = a ping-pong ball
- 1 ounce of nuts = one handful

MILK, YOGURT, CHEESE (3 cups or equivalent daily)

- 1 cup milk or yogurt = softball
- 2 ounces cheese = 4 dominoes
- 1 ounce cheese = your thumb

VEGETABLE GROUP (2-1/2 cups daily)

- 1 cup raw leafy vegetables = softball
- 1/2 cup cooked or chopped raw vegetables = light bulb, or 1/2 softball

FRUIT (2 cups daily)

- 1 medium size fruit or 1/2 cup fruit = baseball

MEAT & BEANS (5-1/2 to 6-1/2 ounces daily)

- 3 ounces (1 serving) = deck of cards, computer mouse, palm of a woman's hand
- 2 ounces peanut butter = ping-pong ball

* See www.MyPyramid.gov for recommended serving guidance for oils and other food groups based on your age, gender and physical activity.

Serving Size Comparisons

| FOOD | 1950's | NOW |
|--------------------------|---------------------------|--|
| Bagel | 3" | 6" |
| Soda (from fountain) | 12 oz (med) 16 oz (lg) | 16 oz (sm) 21 oz (med) 32 oz (lg) |
| French Fries (fast food) | 2.4 oz (reg) | 2.4 oz (sm) 5.3 oz (med) 6.3 oz (lg) |
| Hamburger | 1.5 oz | 1.6 oz, 3.2 oz 4.0 oz, 8.0 oz |
| Muffin | 3 oz | 6.5 oz |
| Chocolate Bar | 1 oz | 2.5 oz, 8 oz |

If you need more information:

American Dietetic Association
www.eatright.org or 1-800-877-1600



OUR MISSION WITH STOP HUNGER

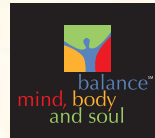
Stop Hunger Where It Starts

Since 1999, the Sodexo Foundation has been committed to being a driving and creative force that contributes to a hunger-free nation.

In order to eliminate hunger that affects 35 million people in the U.S., we must fight its root causes. The Sodexo Foundation supports innovative programs to help children and families who are battling problems like poverty, unemployment, lack of education, and food insecurity.

From nutrition programs for children, to job training for adults, the Foundation supports hunger-related initiatives on the local, state, and national levels.

www.helpstophunger.org



Balance Mind Body Soulsm is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

www.balancemindbodysoul.com



PORTION Distortion



10% Total Recovered Fiber/All Post-Consumer Fiber



balance
mind, body
and soul

The Perils of Portion Distortion

Super size, value meals, portion distortion—whatever you call it, the point is that our portions have become much larger over the past 20 years and we've gotten used to it. The latest National Health and Nutrition Examination Survey (NHANES) reports that 64.5 percent of American adults ages 20 and older are overweight or obese.



That muffin serves eight?

According to The American Dietetic Association www.eatright.org, fast-food chains offer portions that are two to five times larger than they used to be. Ready-to-eat and prepared foods (like bagels and muffins) can be two to eight times larger than the serving size recommended by the United States Department of Agriculture (USDA).

So what exactly is a serving?

To date, there's little consistency as to what a serving is.

- A typical restaurant portion of spaghetti is about 3 cups
- USDA guidelines set the serving size for spaghetti as 1/2 cup cooked pasta
- The Nutrition Facts Label on spaghetti food labels (governed by the Food & Drug Administration, FDA), state a serving as 1 cup cooked pasta.

A restaurant-sized portion of spaghetti may have 1000 calories or more and that doesn't include the typical accompaniments: salad, salad dressing and garlic bread. It's no wonder that people are confused about what a serving is.

Tips for Portion Control

Educate yourself about how much food you should be eating.

The number of calories our bodies require is based on height, weight, age and physical activity. You can determine your own personal energy needs, and the portions to meet your goals by logging on to www.MyPyramid.gov. What is a serving of bread? What is a serving of fruit? How many servings do I need?

Use the Nutrition Facts Label to determine portion size:

Look at the serving size listed on the label. If the serving size is five crackers, the nutrition information is for five crackers.



Looks can be deceiving. Some foods like pot pies and ramen noodles look like a single serving. But according to the Nutrition Facts Label, the package serves two. Most people eat the entire package with double the calories and sodium.

Liquid calories count

Did you know that a 20-ounce soft drink is labeled as 2-1/2 servings? That's 250 calories instead of the 100 calories listed on the label for an 8 ounce serving.

Extra large coffee drinks made with whole milk may have 700 or more calories. Opt for a smaller serving with nonfat milk and leave off the whipped cream.

Learn to "eyeball" a serving size

At home, measure foods you eat most often to see what a serving looks like on your plate. This will help you have better idea of what a reasonable portion looks like when you don't have a food scale or a measuring cup.

Don't clean your plate

Many restaurant entrées are big enough to share with someone or to save some for another meal. Or ask for half-sized entrée portions, order petite cuts of meat, or choose an appetizer as your main dish. When eating fast food, avoid super-sized or extra value meals, or order a child's meal.

Fill up on low calorie foods

Look at your plate. Three-fourths of your plate should have fruits, vegetables and grains. And one-fourth should be a protein source. "Volumetrics" is an eating plan developed by Barbara Rolls, PhD. It is based on the theory of energy density—maintaining the volume of food you eat but decreasing the calories. The theory is you will consume fewer calories and feel full if you eat foods high in fiber and water like fruits, vegetables and whole grains. For example, instead of one cup whole milk (145 calories), substitute the same amount of skim milk (80 calories) and save 65 calories. One cup of cooked pasta will set you back 200 calories. The same amount of cooked broccoli is about 45 calories. Choose smaller portions of foods that are calorie dense and make up the difference in volume with lower calorie items.



Put the bag away

If you are eating a snack food, take out your portion, then close the bag and put it away. The tendency for many people is to eat until the bag is empty.

Calories count

Saving a few calories here and there adds up. It takes an excess of 3500 calories to gain a pound. An extra 100 extra calories a day can add up to a ten pound weight gain in a year. Every calorie counts and so does physical exercise to burn those calories.