

# PORTION DISTORTION

A **portion** is the amount of food that you choose to eat for a meal or snack. Portions can be big or small, it depends on how much you choose to eat.

A **serving** is a measured amount of food or drink, such as one slice of bread or 8 ounces of milk.

You may consume one serving or more or less of a food and it is all right. The issue is when you consume more than what your body needs in a day. Each day is different, and while one day it may be all right to have a certain food at a certain amount, on the other day, it can be an excess. It all depends on the combination of all you eat, in terms of how much, how often, and your daily physical activity level.

Note that over the past decades, portion sizes have considerably increased. The more you get served, the more you are likely to eat. Therefore, be smart and notice the portion sizes you get served, eat in moderation and be satisfied.

20 YEARS AGO		TODAY	
PORTION	CALORIES	PORTION	CALORIES
	3" Diameter 140		6" Diameter 350
	1 333		1 590
	1 Cup Sauce 3 Small Meatballs 500		2 Cup Sauce 3 Large Meatballs 1,020
	6.5 Ounces 82		20 Ounces 250
	1.5 Ounces 210		5 Ounces 500

## Tips to Downsize Your Servings

- Keep foods you don't want to eat in excess out of sight, and then they will be out of mind.
- Make your plate and sit at the table with what you need to eat in it, making it more cumbersome to get seconds by having to get up and prepare it.
- Leave nutritious foods handy and available to conveniently satisfy your hunger.
- Use a smaller plate at meals and you will get the illusion of eating more while eating less.
- Be very mindful while eating, avoid getting distracted with another activity at meal times.
- Choose to get busy with something right after meals.
- Keep meals at a regular schedule, around the time you usually get hungry for each of them.
- Chew well, eat slowly - then you will trick your brain to understand you are satisfied with what you have been eating since it takes 20 minutes for the brain to register it.