

Right Size Your Portions

The Basics of Portion Control



Objectives

- The History of Portions
- Understanding Energy In and Energy Out
- Know your Numbers: Basal Energy Calculations
- Right Size Your Portions
- Reading Food Labels
- Build a Balanced Meal
- Balance Portions and Food Groups

The History of Upsizing Portions



•1900 - 1949

Laboring Economy: Meant lots of Calories

•1950 – 1970

Industrial Economy: More factory jobs, less energy output. Quantity and higher quality foods coming to the market.

•1970 - 2009

Business Revolution: Abundant food, pre-packaged, convenience, eating out, fast foods.

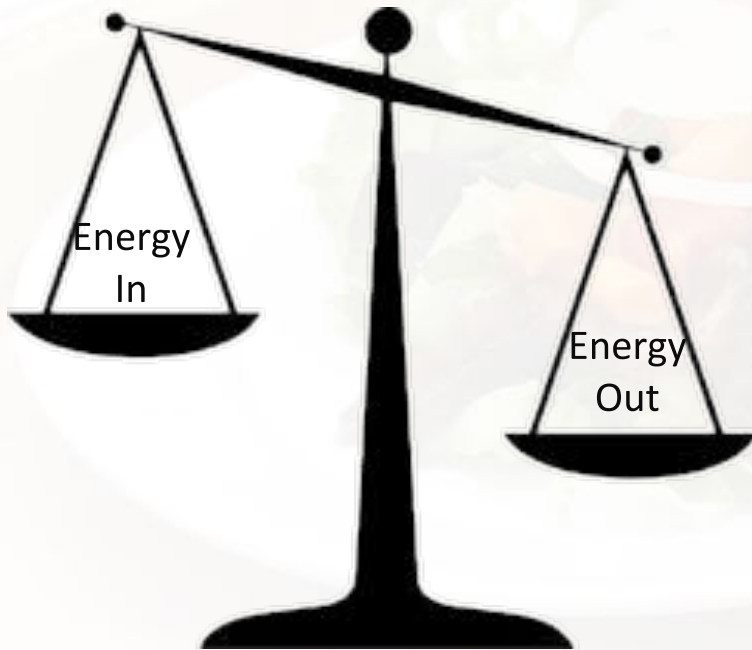
•2010 to Today:

Information Economy: Food labeling, even at restaurants for high quality, rich foods. More exercise is necessary to burn calories.



Energy In and Energy Out

What is Basal Energy?



Burn more than
you Eat!

- Basal Energy is amount of energy the body requires for basic metabolic function.
- It varies for every person - depends on age, gender, height & weight.
- Factor your basal energy in combination with the calories burned through activity to decide how many daily calories are needed for weight loss.
 - Losing weight requires: $\text{Energy In} < \text{Energy Out}$
 - Maintaining weight requires: $\text{Energy In} = \text{Energy Out}$

Know Your Numbers: Calculating Basal Energy

A Basal Energy Basics

Basal energy expenditure equations will estimate how many calories your body burns to stay alive - before any calories are eaten or energy is burned through exercise

Online calculator:
<https://www.mdcalc.com/basal-energy-expenditure>

Note: this calculator uses one of several equations to determine basal energy expenditure, you may get different results with a different calculator

Note: this calculator also allows you to choose your activity level in order to determine how many calories are needed each day to maintain your current weight

Right Size Your Portions

- Understanding how many calories are in the foods you eat can help you determine the appropriate portion size
 - try tracking calories through an app or a food journal for a few days to become aware of calorie contents
- Understanding what foods are calorie dense and what foods are low on calories allows you to adjust the portion sizes
- Eating large volumes of lower calorie foods can help you to feel satisfied rather than eating tiny portions of calorie dense items

Right Size Your Portions

Meal Planning

- Planning meals in advance can help to keep you on track to meet your nutrition goals
- Find a balance of food groups and portion sizes that both satisfy you and are in line with your goals
- Build healthy meals by combining food groups - protein + vegetables/fruits + grains (or starch)

Reading the Food Label Basics

Food Label Basics

- Take note of Serving Size
 - All nutrition information on the label correlates to the serving size, NOT the whole package
- Avoid Added Sugars
 - these add unnecessary calories

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Right Size Portion Plates



Re-defining your Portions and Meal Plans

- Easy Steps
 - 1 starch per meal
 - 1 serving protein per meal
 - 1-2 cups vegetables or fruits per meal

Balance your Food Groups

Proteins & Starches

- Provide beneficial nutrients
- Calorie dense
- Provide energy
- Keep you full longer

Healthy Fats

- Filling
- Add flavor
- Calorie dense - use sparingly

Fruits & Vegetables

- Nutrient dense - provide essential vitamins/ & minerals
- Typically low in calories
- Allow you to eat a large volume while still maintaining calorie goals

Helpful Resources

- https://ncescatalog.com/A-Healthy-START-For-A-Healthier-You--Pkg-of-50_p_603.html
- https://ncescatalog.com/NCES-Adult-Right-Size-Portion-Plate-Tear-Page_p_952.html
- https://ncescatalog.com/Free-MyPlate-Meal-Planning-Tool_p_1227.html
- https://ncescatalog.com/Portion-Mate-p_1312.html
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