

## How understanding portion sizes can help you meet your healthy eating goals

### What is 'portion distortion'?

Over time, food and drink portions have become larger. This includes, many junk foods, such as chocolate bars, soft drinks, muffins, and sausage rolls.

The more we are served at meals and snacks, the more we usually eat. With this awareness, and by having a guide to manage portion sizes, we can eat foods in a healthy, balanced way.

### What can I do to manage my portions?

- Learn how to visualise a portion or serve size and then control the quantities of food you serve up at your meals. See the table on the last page for more ideas.
- Serve your meals in the kitchen rather than from shared plates to discourage sneaky seconds.
- Aim to fill half your plate with vegetables, one quarter with lean protein and one quarter with carbohydrate-based foods (see the 'Healthy Plate Guide' diagram on the next page).
- Use smaller plates and bowls. Studies show that changing the size of your plate can result in weight loss.
- Avoid eating straight from a packet or fridge to help monitor the amount you eat.
- Put leftovers into meal-sized portion containers (before sitting down to a meal) and pop in the fridge for later.
- Wait 20 minutes after a meal before you serve yourself more. It can take a while for your stomach to catch up - if you still feel hungry have a glass of water or extra salad or vegetables.
- When eating out ask for an entrée size or share (a larger meal). You can also ask for a container (if the serve is too large) to take the leftovers home, which you can eat the next day.
- Avoid skipping meals. If you feel hungry between meals, have a healthy snack. This can help you to avoid getting too hungry, which can lead to over-eating. Choose from the table in the following pages.
- Keep a food diary for a week to monitor how much you eat and drink in a day.
- Create a shopping list and buy only those foods. Remember - never go grocery shopping when you are hungry.

## Other ways to help you manage your portions and achieve or maintain a healthy weight:

As well as recording *what* you eat, you could also record *how* you eat to help you gain control over your food (i.e. at the table, or in front of the tv). Speak with your Dietitian/Nutritionist about resources that may help with this.

- Practice mindful eating by focussing on the food you are eating and avoid distraction.
- Re-learn hunger and fullness signals, and stop eating when you feel comfortably satisfied. Monitor this at the beginning and end of your meals and snacks (see the NEMO resource 'The Hunger Level Scale').
- Slow down your pace of eating. If you eat your food quickly, try putting your knife and fork back down on the table

# Healthy Plate Guide

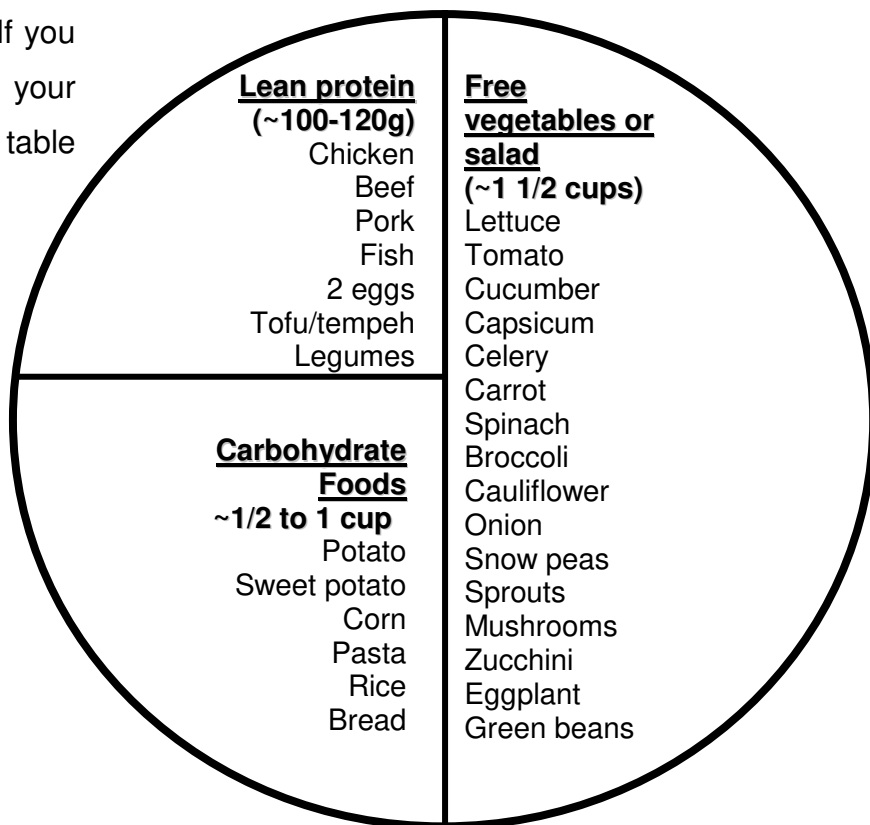
Use the handy portion guide (on the last page) to assist you determining the correct plate size to meet your recommendations.

between each mouthful, or try to increase the number of times you chew the food in your mouth. Monitor whether you eat different meals quickly, normally, or slowly, and find out what determines this.

- Identify things that cause you to over-eat i.e. buffets, social events, eating with friends etc and brainstorm ideas to help you manage these triggers.

## How much do I need to eat each day?

Use the table on the second last page to help with meal and snack planning and to guide your food choices through the day. Overeating can come from healthy foods as well as junk foods.








## Daily Portion Guides: What is a serve?

Food Group	Serves	Standard serve size
Vegetables and legumes/beans	5 - 6	<ul style="list-style-type: none"> <li>- ½ cup cooked vegetables</li> <li>- ½ cup cooked, dried or canned beans, peas or lentils</li> <li>- 1 cup green leafy or raw salad vegetables</li> <li>- ½ cup sweet corn</li> <li>- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)</li> <li>- 1 medium tomato</li> </ul>
Fruit	2	<ul style="list-style-type: none"> <li>- 1 medium piece (apple, orange, peach)</li> <li>- 2 small pieces (nectarines, plums, kiwi fruit)</li> <li>- 1 cup diced or canned fruit (no added sugar)</li> <li>- ½ cup fruit juice (no added sugar) (<i>occasionally</i>)</li> <li>- 30g dried fruit (very small handful) (<i>occasionally</i>)</li> </ul>
Grain (cereal) foods	3 - 6	<ul style="list-style-type: none"> <li>- 1 slice (40g) of bread or ½ (40g) bread roll or flat bread</li> <li>- ½ (75-120g) cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa</li> <li>- 2/3 cup (30g) cereal flakes</li> <li>- ¼ (30g) cup muesli</li> <li>- ½ cup (120g) cooked porridge</li> <li>- 1 (60g) crumpet</li> <li>- 1 small (35g) English muffin or scone</li> </ul>
Milk, yoghurt, cheese and/or alternatives <i>Choose low fat varieties</i>	2 ½ - 4	<ul style="list-style-type: none"> <li>- 1 cup (250ml) fresh, UHT, or reconstituted powdered milk</li> <li>- 1 cup (250ml) soy, rice or other cereal drink with added calcium</li> <li>- ½ cup (120ml) evaporated milk</li> <li>- 2 slices (40g) of hard cheese</li> <li>- ½ cup ricotta</li> <li>- ¾ cup (200g) yoghurt</li> </ul>
Lean meats and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	2 - 3	<ul style="list-style-type: none"> <li>- 65 –100g cooked lean meat, chicken, fish</li> <li>- 1 cup (150g) cooked or canned legumes/beans</li> <li>- 2 large eggs</li> <li>- 30g nuts, seeds, peanut paste or tahini</li> <li>- 170g tofu</li> </ul>
Healthy fats and oils <i>Include use in cooking</i>	2 - 4	<ul style="list-style-type: none"> <li>- 1 teaspoon (tsp) oil/butter/margarine</li> <li>- 2 tsp cream/sour cream/mayo</li> <li>- 2 tsp peanut butter</li> <li>- 1/8 avocado</li> </ul>
Discretionary choices	0 - 2	<ul style="list-style-type: none"> <li>- 1 Tablespoon (Tbsp) (20 g) butter</li> <li>- 1 Tbsp jam/honey</li> <li>- 3 crackers (e.g. Jatz, Ritz) or 2-3 sweet biscuits (e.g. Nice)</li> <li>- ½ cupcake or 1/3 large muffin</li> <li>- About 5-6 small lollies</li> <li>- 2 scoops ice cream</li> <li>- Fun size chocolate bar/ 6 squares</li> <li>- 1/3 commercial meat pie or pastie (individual size)</li> <li>- 12 hot chips</li> <li>- 200 mL wine OR 400 mL regular beer OR 600 mL light beer OR 60 mL spirits</li> </ul>

Note: The number of serves per day may change depending on your age, gender and disease state as per the Australian Guidelines to Healthy Eating. Your Dietitian will work out your recommended serves per day. Visit <https://www.eatforhealth.gov.au>

## 'Handy' portion guide

Using visual cues is an easy way to get to know your portion/serve sizes.

Visual Cue	Approximate Portion Size or Serve Size
<p><b>Your fist</b></p> 	<ul style="list-style-type: none"> <li>• 1 cup of raw salad vegetables</li> <li>• 1 piece of medium fresh fruit</li> <li>• 1 cup diced or canned fruit</li> <li>• 1 cup of cooked or canned legumes/beans</li> </ul>
<p><b>Cupped hand</b></p> 	<ul style="list-style-type: none"> <li>• 1 small piece of fruit</li> <li>• ½ cup cooked vegetables or legumes/beans</li> <li>• ½ cup cooked porridge</li> <li>• ½ cup of cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa</li> <li>• ½ medium potato</li> </ul>
<p><b>Palm</b></p> 	<ul style="list-style-type: none"> <li>• 100g raw meat or poultry</li> <li>• 100g cooked fish</li> <li>• 1 slice of bread</li> </ul>
<p><b>Thumb</b></p> 	<ul style="list-style-type: none"> <li>• 1 Tbsp. salad dressing</li> <li>• 1 Tbsp oil</li> <li>• 1 Tbsp peanut butter</li> <li>• 20g hard cheese (½ serve)</li> </ul>
<p><b>Thumb tip</b></p> 	<ul style="list-style-type: none"> <li>• 1 tsp sugar</li> <li>• 1 tsp oil</li> <li>• 1 tsp margarine or butter</li> <li>• 1 tsp mayonnaise</li> </ul>

Things I can do to improve my portion control:

1.

2.

3.

**For further information contact your Dietitian or Nutritionist:** \_\_\_\_\_