

HealthyNews

Focus on Nutrition

QUIZ: How Much Do You Know About Portion Size?

The next time you buy a large popcorn at the movies, consider saving the tub. After you wipe it clean, the neighborhood kids can use it as a fort.

From family restaurants to theaters to the frozen food aisle, portion sizes are expanding at an alarming rate. Not coincidentally, so is the typical American waistline. For all of the current talk about fats and carbohydrates, portion sizes may be the real cause of the obesity epidemic. How much do you know about healthy portions in a super-sized world? Take this short quiz to find out.

1. On average, Americans consume more daily calories than they did 35 years ago. How much more?

- a. About 10 calories
- b. About 50 calories
- c. About 200 calories
- d. About 500 calories

2. It's almost impossible for most people to eat just one portion if there's more on their plates. True or False?

True False

3. The Lumberjack Slam Breakfast at Denny's—including two buttermilk pancakes, ham, two bacon strips, two sausages, two eggs, bread, and a side of hash browns—weighs in at how many calories?

- a. 800 calories
- b. 1,000 calories
- c. 1,140 calories
- d. 1,500 calories

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Health Tip:

Limit Food Portions. Help make it easier to lose weight

(HealthDay News) – Limiting how much you eat during each meal can make it easier to lose any extra pounds.

The Weight-Loss Information Network offers this advice to help you control portion sizes:

- Measure one serving (according to the product label) and serve it on a plate or bowl rather than eating straight out of the package.
- To better enjoy your food, don't eat while watching TV or multi-tasking.
- Eat from smaller dishes and use smaller glasses. Take your time.
- Focus especially on portion sizes for dishes higher in calories and fat.
- Store and freeze extra food immediately, so you're not tempted to overeat.
- Don't skip meals. Hunger may prompt you to overeat.
- Choose healthy, low-calorie snacks and divide into individual servings.
- When indulging in a treat, measure a single-serving size.

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4. Experts recommend adults eat two to three servings from the “meat group” (which includes meat, fish, poultry, eggs, dry beans, seeds and nuts) every day. How large is a “serving” of meat?

- a. About the size of a deck of cards (two to three ounces)
- b. About the size of a dinner plate
- c. About the size of a Tolstoy novel, large print edition
- d. About the size of a manhole cover

5. According to a survey, which of these restaurant items makes the biggest mockery of the idea of a “serving”?

- a. Cooked pasta
- b. Chocolate chip cookie
- c. Steak
- d. Hamburger

6. Which of these steps can help you avoid overloading on calories?

- a. Chew slowly
- b. Drink plenty of water
- c. Eat healthy snacks throughout the day
- d. Stay the heck away from the typical family-restaurant entree, unless you share it with a friend or get a doggie bag.
- e. All of the above

Answers:

1. On average, Americans consume more daily calories than they did 35 years ago. How much more? The correct answer is: d. About 500 calories

Those calories really add up. If you don't increase your physical activity, an extra 500 calories each day could easily translate to an extra 40 pounds of fat each year.

2. It's almost impossible for most people to eat just one portion if there's more on their plates. True or False? The correct answer is: True

People generally eat what's on their plate, even if they know it's larger than a typical portion. At least one study published in the *American Journal of Clinical Nutrition* showed that when a group was given smaller portions, that's all they ate. When they were given big portions, they cleaned the plate -- without reporting feeling any fuller than when they ate smaller portions! ► Continue reading on Page 3

Health Tips:

Read Food Labels. Note serving sizes and percentage daily values

(HealthDay News) – Reading product labels can help you choose the healthiest foods.

The Womenshealth.gov website offers this advice about food labels:

- Read the serving size and how many servings are in a container. Also note the number of calories per serving and calories from fat.
- Read the percentage daily values, which tell you how much of the recommended daily intake of a particular ingredient you will receive from eating a portion of that food.
- Read amounts of trans fat, saturated fat, total fat, cholesterol and sodium, avoiding foods with high amounts of these.
- Opt for foods with high amounts of fiber.
- Check for sufficient amounts of iron, calcium, potassium and vitamins A and C.
- Opt for foods with high protein content that are low in fat.

If You Use a Food Vending Machine, Look for These Healthier Choices

(HealthDay News) – When a craving hits and you absolutely need a snack, you may turn to a vending machine to quiet your growling belly.

The Academy of Nutrition and Dietetics suggests these healthier vending machine options:

- Pretzels, trail mix, almonds or peanuts.
- Low-fat or fat-free popcorn.
- Cheese- or peanut butter-filled, whole-wheat crackers.
- Cereal bars or granola made with whole grains.
- Dried cranberries, apricots or raisins.
- Animal crackers or graham crackers.
- 100-percent vegetable juice or 100-percent fruit juice.

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3. The Lumberjack Slam Breakfast at Denny’s—including two buttermilk pancakes, ham, two bacon strips, two sausages, two eggs, bread, and a side of hash browns—weighs in at how many calories?

The correct answer is: c. 1,140 calories.

This breakfast could feed at least two people. And even without the syrup and the butter (which would add 80 grams of fat), this high-fat meal is enough to slow anyone down. Unless the Lumberjack is headed straight for the fields for several hours of hard work, that’s way too many calories, too. To put things in perspective, a person would have to do high-impact aerobics for two solid hours to burn off the calories in a Lumberjack Slam. Less strenuous activities—say, planting seedlings—would take a person four or more hours to work off that breakfast.

4. Experts recommend adults eat two to three servings from the “meat group” (which includes meat, fish, poultry, eggs, dry beans, seeds and nuts) every day. How large is a “serving” of meat? The correct answer is: a. About the size of a deck of cards (two to three ounces)

In this world of plenty, standard “servings” seem small. A few more examples: A serving of cooked pasta is only a half-cup (about half the size of your fist), a serving of cheese is only 1.5 ounces (about the size of four dice), and a serving of nuts is only one-third of a cup (a level handful).

5. According to a survey, which of these restaurant items makes the biggest mockery of the idea of a “serving”? The correct answer is: b. Chocolate chip cookie

As reported in the *American Journal of Public Health*, the typical restaurant chocolate chip cookie is about eight times larger than the USDA serving size. The portions of other foods aren’t exactly skimpy: You can get six servings from a plate of pasta, more than three servings from a typical steak, and more than two servings from a hamburger.

6. Which of these steps can help you avoid overloading on calories? The correct answer is: e. All of the above

Whether you’re eating at home or a restaurant, you don’t want to bring a ravenous appetite to the table. If you eat light, healthy snacks throughout the day, you won’t need an outrageously large dinner to satisfy your hunger. Chewing slowly and drinking plenty of water can also help you feel satisfied with less. And remember: You never have to eat everything in front of you. If you can feel a gravitational pull from the food on your plate, you should share it, save it, or donate a few servings to the garbage disposal. ■

Health Tip:

Power Up With an Afternoon Snack. Munch on some healthy trail mix

(HealthDay News) – Whether you need a pick-me-up at the office or your child needs an energy boost after school, a healthy snack can be just what you need to power through the afternoon.

The Academy of Nutrition and Dietetics offers these healthy snack ideas for the afternoon:

- Munch on trail mix that contains dried fruit, nuts, low-sugar cereal and whole-grain pretzels, or a handful of nuts and raisins.
- Dip into some low-fat yogurt or have your favorite fruit or fruit smoothie.
- Enjoy veggies or pretzels dipped in hummus or peanut butter, or baked tortilla chips with salsa.
- Crunch on whole-grain crackers with low-fat cheese, or enjoy a bowl of whole-grain cereal with skim milk.
- Wrap a slice of low-sodium turkey around an apple slice or in a whole-wheat tortilla with some low-fat cheese, warmed up in the microwave.
- Spread nut butter on celery sticks and top with raisins or dried cranberries.
- For a beverage, stick to water, skim milk or 100-percent fruit juice.

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Teriyaki-Glazed Salmon with Stir-Fried Vegetables

PREP – 35 minutes

SERVINGS – 4 servings

SERVING SIZE – 3 oz. salmon
with 1 cup vegetables

Calories 253

Cholesterol 50 mg

Sodium 202 mg

Carbohydrates 16 g

Total Fat 11 g

Saturated Fat 2 g

Fiber 3 g

Protein 21 g

Ingredients

FOR SALMON

2 Tbsp light teriyaki sauce

1/4 cup mirin (or sweet rice wine)

2 Tbsp rice vinegar

2 Tbsp scallions (green onions), rinsed and minced

1 1/2 Tbsp ginger, minced (or 1 tsp ground)

12 oz salmon fillets, cut into 4 portions (3 oz each)

FOR VEGETABLES

1 12-oz bag frozen vegetable stir-fry

1/2 Tbsp peanut oil or vegetable oil

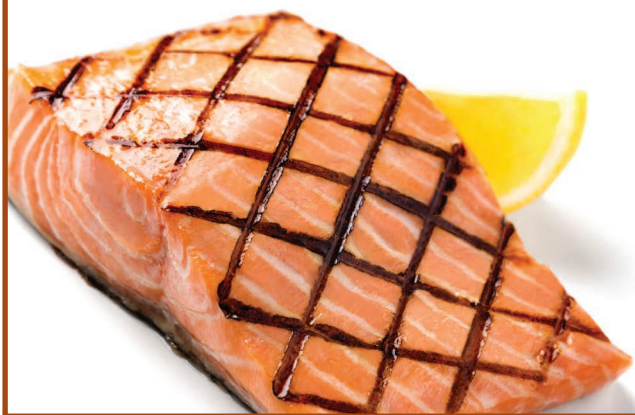
1/2 Tbsp garlic, minced (about 1 clove)

1 Tbsp ginger, minced (or 1 tsp ground)

1 Tbsp scallions (green onions), rinsed and minced

Instructions

1. Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside.
2. Preheat oven to 350°F. Combine teriyaki sauce, mirin, rice vinegar, scallions, and ginger. Mix well. Pour over salmon and marinate for 10-15 minutes. Remove salmon from the marinade and discard unused portion.
3. Place salmon on a baking sheet and bake for 10-15 minutes or until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145°F).
4. Meanwhile, heat oil in a large wok or sauté pan. Add garlic, ginger, and scallions. Cook gently but do not brown, about 30 seconds to 1 minute. Add vegetables and continue to stir-fry for 2-3 minutes or until heated through. Add soy sauce.
5. Serve one piece of salmon with 1 cup of vegetables.



Deliciously Healthy Meals, National Heart, Lung, and Blood Institute (NHLBI)

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