

W.O.W Point Board

Average
Individual
Points:

Week 01: 11.2

Week 02: 24.8

Week 03: 24.3

Week 04: 52.6

Team Points

Team Aqua: 934

Team Emerald:
764

Team Ruby: 695

Team Violet: 516

Team Marigold:
421

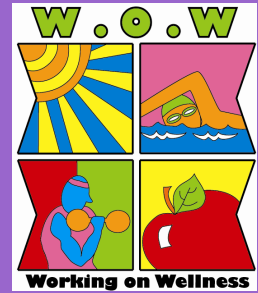
Team Indigo:
196

Points are based on
individuals who
came to weigh-in's
last week.

They do not in-
clude e-mailed
reports.

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Portion Size and Serving Size are not the same thing

One of the most important decisions we make about food is how much to eat. Many people struggle with portion sizes. Most of the time we eat portions that are too large and this contributes to weight gain. A portion size is the amount of food that you actually put on your plate, that you plan to eat in one sitting. Depending on the food, your portion size may be one or more servings according to the Food Guide. For instance, if you eat a whole apple as one portion, that equals one serving of fruit. However, if you eat a sandwich with two pieces of bread (one portion), you're eating two servings of grain products since each slice of bread is one serving according to the Food Guide. Ever heard of portion distortion? This is when over-sized portions of food start to look normal to you. The result is that people will eat whatever is on their plate without thinking about the number of serving sizes that are actually in front of them. Portion sizes that once would have been considered far too big to eat in one sitting, are now seen as normal. From store-bought muffins, to soft drinks and to pasta entrées at restaurants, portion sizes have increased over the last 20 years. Bigger portions mean more calories, and the result is bigger waistlines.

A food label serving is a specific amount of food that contains the quantity of nutrients listed on the Nutrition Facts Label. The 1990 Nutrition Labeling and Education Act (NLEA) specified reference

serving amounts for almost 200 product categories to be used on labels. To make food label servings consumer-friendly, the serving sizes are expressed in household measures, such as cups, ounces, or pieces, as well as grams, and generally reflect the amount an individual might reasonably consume each eating occasion.

A Food Guide Serving is simply a reference amount. It helps you understand how much food is recommended every day from each of the food groups. In some cases, a Food Guide Serving may be close to what you eat, such as an apple. In other cases, such as rice or pasta, you may serve yourself more than one Food Guide Serving.

For many food items, the serving size in the Food Guide Pyramid and on the food label are the same (e.g., ½ cup canned fruit or vegetables). However, some serving sizes differ because the Pyramid and the food label serve different purposes. The Pyramid describes serving units for each food group (e.g., ½ chopped or cooked vegetables and 1 cup raw leafy vegetables) so that they will be easy to remember and help consumers select a healthful diet. The food label serving unit is specific for each product category and designed to help consumers compare nutrient information on a number of food products within a category. The food label serving units cover mixed dishes (e.g., frozen entrees) as well as

simple items (e.g., canned fruits). Pyramid serving units are primarily for simple food items, such as fruits, vegetables, and plain grain products.

Additionally, the Pyramid serving size specifies the amount of food that provides a designated amount of key nutrients from that food group; for example, ¾ cup fruit juice and 1 cup milk. Some food label product categories such as "beverages" specify the same serving size (1 cup), regardless of the food group in which the beverage (fruit juice, milk, or soda) belongs. In both cases--the Food Guide Pyramid and the food label--the "serving size" is a unit of measure and may not be the portion of food an individual actually eats at one occasion.

Many people confuse serving size and portion size. However, these two terms don't mean the same thing. Portion size is the amount you decide to eat of a particular food. This is often more than a single serving, although the portion you serve yourself also can be less than a serving. The serving size of a food tells you the recommended amount you should eat.

The Food Pyramid, developed by the US Department of Agriculture (USDA), is an excellent tool to help you make healthy food choices. The food pyramid can help you choose from a variety of foods so you get the nutrients you need, and the suggested serving sizes can help you control the amount of calories, fat, saturated fat, cholesterol, sugar or sodium in your diet.

Handy Tips for Controlling Serving Size

When you don't have measuring cups or scales available, use your hands or common items to figure out reasonable portion sizes. See the chart below.

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15