



Healthy Habits

The newsletter for busy Cal employees who want to improve their health!

April 27, 2009

WEEK 10

Portion Distortion

Portion Distortion refers to how, over time, portion sizes have become bigger and bigger. For example, in 1955 a soda from McDonald's was 7 fl ounces. Today a drink at McDonald's ranges between 12 and 42 fl ounces! Another example, bagels used to be made about the size of hockey pucks. If you buy a bagel today you'll see that they are now much bigger than that.

Increasing portion sizes can be a big problem since, as research has shown, people will unintentionally eat many more calories than they need when faced with larger servings. It comes down to, if it's in front of us and on our plates, we eat it. To help prevent overeating it is important to understand serving sizes and appropriate portions.

The terms "serving" and "portion" are not synonymous with each other. A *portion* is the amount you are given or served, or the amount you choose to eat. A *serving* is a standardized measure or amount of food. A *serving* is not necessarily a recommended amount of food that you should eat. The amount of food or number of servings that you should eat is based upon your age, sex, height, weight, physical activity level, and your individual genetic make up. These factors determine the number of servings you need from the various food groups (Grain, Fruit, Vegetable, Milk, Meat & Beans, and Oils) in order to supply your body with enough calories and nutrients.

Go to mypyramid.gov to create your own personalized food pyramid.



Serving Sizes Quiz

Test your knowledge about serving sizes for common foods. You may find that your portions are quite a bit different. Answers can be found at the bottom.

- A serving of pasta is:**
a) 1 bowl b) ½ cup c) 1 cup d) ¼ cup
- A serving of meat is 3oz, about the size of:**
a) a hand b) a CD c) a deck of cards
d) depends on the kind of meat
- A serving of cheese is equivalent to the size of:**
a) two dominoes b) four dice c) a credit card
d) your mouth
- A serving of fruit is:**
a) a cup of juice b) one piece of fruit c) five slices of fruit
d) a tennis ball sized piece of fruit
- A serving of bread is:**
a) 2 slices b) 1 slice c) ½ a slice d) a CD sized slice

You can also take the **Portion Distortion Quiz** from the National Heart Lung Blood Institute to see how portions today compare to 20 years ago.

<http://hp2010.nhlbihin.net/portion/>

ANSWERS:
1. b, 2. c, 3. a, 4. d, 5. d

Announcements

Dancing for Fitness

Friday, May 1, 12:10-1pm
251 Hearst Gymnasium

Fit some fun and fitness into your day with these free, beginner dance classes including salsa, Brazilian, jazz, and more! No partner required. Enroll at UCB Learning Center.