



JULY 30, 2008

WEEK NINE

PETALUMA

# Health focus

## PORTIONS & SERVINGS WHAT'S THE DIFFERENCE?

A "portion" is the amount of food you choose to eat or put on your plate. A "serving" is a standardized measure or amount of food. For example, one serving of meat is 3 oz, always. If you eat a large 12 oz steak you are eating 4 servings of meat even though your portion size is only 1 steak.

Keep in mind that a "serving" is not necessarily a recommended amount of food that you should eat. The amount of food 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.

Visit the My Pyramid Plan at: [www.mypyramid.gov/mypyramid/index.aspx](http://www.mypyramid.gov/mypyramid/index.aspx) to see an estimate of how much you should be eating from each food group.

Print out the chart on Page 3 to see some serving sizes of common foods and some images that help to visualize the size of a serving.

Start paying attention to your portion sizes and how they compare to typical serving sizes. If your portions are large try the following suggestions to reduce them. It may take some effort

at first, but over time you will find that your portion sizes are smaller without any effort.

Try these tips from the National Institute of Diabetes and Digestive and Kidney Diseases to reduce your portion sizes:

1. Start off with a portion equal to one serving on the Nutrition Facts Label and put it on a plate or in a bowl.
2. Avoid eating in front of the TV or when busy with other activities. Pay attention to what you are eating.
3. Eat slowly so your brain has time to process the message of being full.
4. Take seconds, if you need them, of vegetables and salads instead of meats and desserts. This will help control your intake of higher-fat, higher-calorie foods.
5. When cooking in large batches, freeze food that you will not serve right away. This way you won't be tempted to eat the food "before it goes bad," and you also have ready-made food for another time! This is a good option for the Seafood Stew recipe (see below).
6. Eat meals at regular intervals. Skipping meals may lead you to eating larger portions later on.
7. When having a treat, eat the serving size indicated on the Nutrition Facts label. Eat it slowly and savor it!

## Announcements

- ◆ Let's congratulate the winners of the mid-program raffle: Melissa Kindle, Allison Hall, Ann Marie Molosky and Kristin Rissanes. Prizes included an iPod Shuffle, Massage Gift Certificate, and Target Gift Cards!
- ◆ Share your Healthy Recipe and you could be in a future newsletter and win a prize! Email to: [pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu)



## TRIVIA

### So You Think You Know About the Bay Area?



**Question:** Petaluma was once known as the \_\_\_\_\_ capital of the world.

**Answer:** The Egg Capital of the World.

Petaluma no longer goes by this name, but they still love their eggs! They celebrate their agricultural heritage every Spring with the "Butter & Eggs Day" Parade. It travels through historic downtown Petaluma, where many of the buildings date back to before the 1906 earthquake. Petaluma was lucky and spared from too much damage. It is a great place to see historic Victorian and 19<sup>th</sup> century architecture.

Petaluma is currently the home of the World's Ugliest Dog contest, which takes place every year at the Sonoma-Marín County Fair, and from 1953-2003 hosted the World Arm-Wrestling championships.

**Question:** What famous entertainer lives in Napa and also owns a vineyard there?

Email your answer to:

[pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu)



## Nutrition Challenge: Food Diary

*For the next 2 weeks write down everything you eat, including the amount..*

Keeping a Food Diary can be a very useful tool if trying to lose weight, improve your nutrition or reduce your portion sizes. A study published in August 2008 in the American Journal of Preventive Medicine found that those who wrote in a food diary every day lost twice as much weight as those who did not write in a food diary. A food diary can also be a useful tool for someone who has been eating well but notices they may be slipping into old habits. It's a great way to stay on track!

Create your food diary in a that you'll use it. Buy a notebook, put it on your blackberry, or create a table in a computer document. You can make it look nice with borders and headings or just use a piece of paper. Whatever works for you is fine as long as you use it and remain consistent. Make sure to always write the date, time, what you ate, and the amount. It can also be useful to include categories such as: where you were, what you were doing, your mood, what prompted you to eat, how hungry you were on a scale of 1-5, and how fast you ate. Including these categories can help you see patterns in your eating behavior. A sample food diary has been provided for you on page 4.

Here are a few things to remember to make sure you get the most out of your food diary.

- Don't lie! Nobody will be looking at this except for you. So take an honest look at your food intake and record all you eat as honestly as possible.
- Write in your food diary EVERY time you put something in your mouth. Keep your diary handy so that you can jot your notes down right away. Don't depend on your memory to get everything recorded or wait until the end of the day. People have a funny way of remembering the good and "forgetting" the bad.
- Be specific. Was there cheese on your burger? Mayo on your sandwich? Gravy on your potatoes? If yes, say so.
- Don't cheat. Don't say you ate potatoes if you had french-fries.



## Healthy Recipe of the Week

### Seafood Stew

Serves 10

#### Ingredients

- 6 cups water
- 10 oz white wine
- 3 celery stalks, chopped
- 3 medium carrots, chopped
- 1 pound large shrimp, washed
- 1 pound crayfish
- 2 Tbsp olive oil
- 2 medium onions chopped
- 2 medium bell peppers, 1 red, 1 green, chopped
- 4 medium tomatoes, chopped
- 2 Tbsp tomato paste
- 2 tsp chopped fresh thyme
- 2 tsp chopped fresh oregano
- 1 pound sea bass, cut into

chunks

- 1 pound small squid, cleaned and sliced
- salt and pepper to taste

1. In a large, non-aluminum saucepan, stir together water, wine, celery, carrots. Bring to simmer and cook 5 min.
2. Add shrimp & crayfish, simmer 3-4 min. Strain shellfish and vegetables from the broth, set aside. Peel shrimp & crayfish, discard shells.
3. Warm olive oil in the large saucepan over medium-high heat. Cook onions & peppers until tender, about 6 min. Stir in tomatoes, tomato paste, thyme,

& oregano. Add reserved broth and bring to a simmer.

4. Stir in sea bass & squid, simmer 2 min. Return crayfish, shrimp & veggies to broth and simmer 1 minute. Season to taste, ladle into bowls, and serve immediately.

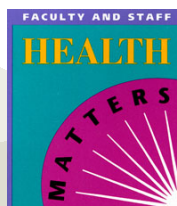
#### Nutrition Information

Serving Size: 1 cup

#### **Amount per serving**






Calories: 222  
Protein: 36 g  
Fat: 8 g

-National Diabetes Education Program



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Use this tool to help visualize single serving sizes of various types of food. Cut it out and take it with you to use as a reminder.

1 serving of...	equals
Meat/poultry/fish	3 oz OR a deck of cards 
Cheese	1 oz OR 4 dice 
Salad	1 cup OR a baseball 
Peanut Butter	2 Tbsp OR a ping-pong ball 
Oil or Dressing	1 tsp OR 2 stacked nickels 
Pasta or Rice	½ cup OR a tennis ball 