

## Lesson Title: Portion Control

### Learning Objectives:

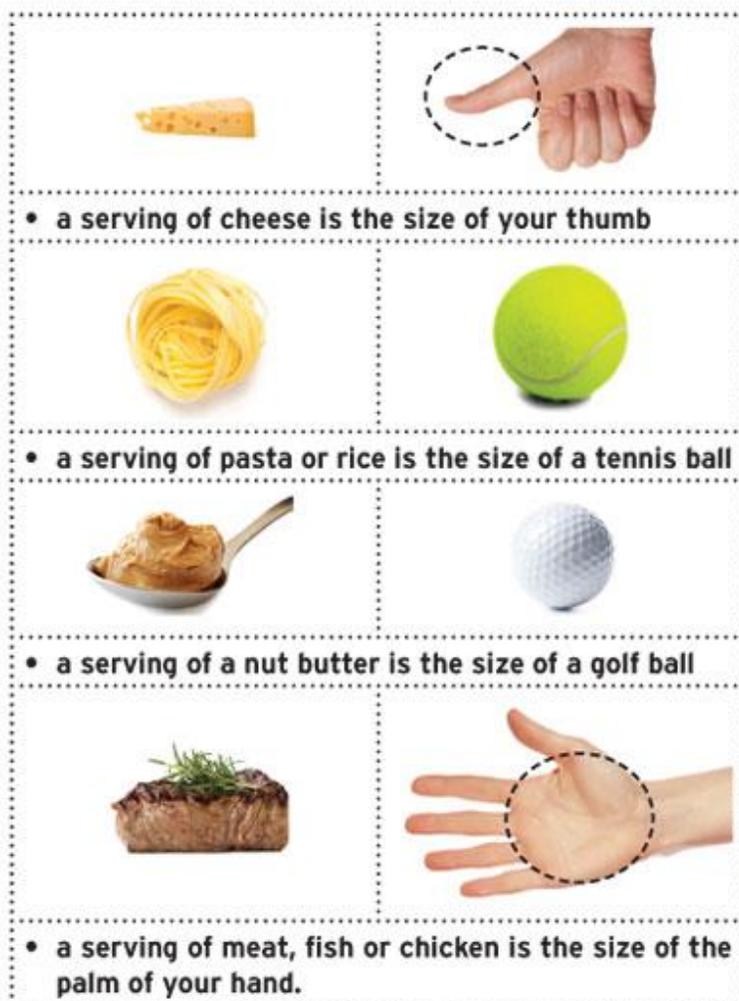
- Recognize proper portions of foods
- Utilize tricks to help you be more mindful when eating

### Opening:

Using one or two hands, demonstrate the average size of one of your meals.

### Essential Content:

- Over the past 5 years, portion sizes have increased about 200-500%.
- Most adults and children are unable to identify appropriate portion sizes, as well as the caloric intake of what they are consuming.
- Increased consumption of large portion sizes and nutrient dense foods (high calorie) leads to weight gain and obesity
- It is important to eat slowly. Your brain processes food about 15 minutes after it is in your stomach. If you eat quickly, many times your brain doesn't tell you that you are full until it's too late.
- Eat your vegetables first, when you are the most hungry. Fill up on the food that will provide us all the vitamins and minerals. Then, consume the protein. Finally, save your starch until the end! Starch is typically what people eat the most of and tend to overindulge in. By saving the starch until the end of the meal, you will be much more satisfied with the appropriate serving.



### **Relating portions to your hand:**

- Protein should be the size of the palm of your hand.
  - Chicken, fish, turkey, shrimp, pork tenderloin, and steak
- Starch should be the size of your fist.
  - Rice, potato, peas, corn, bread, pasta, quinoa, and beans
- Vegetables should be the size of two fists.
  - Broccoli, green beans, mushrooms, carrots, cauliflower, squash, zucchini, tomatoes, peppers, and cucumbers
- Fat should be the size of your thumb.

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- Nut butter, cheese, butter, and oil

Tips to staying on track:

- Pre-portioning snacks helps to prevent mindless eating
- Consumption order: vegetables → protein → starch
- Save the fruit for dessert at the end of the meal

### Activity: Testing Your Accuracy

Guided Practice: Serve the amount of food you would normally have in a typical meal. Then, measure the food to see how many actual servings it is. Great examples to use during the lesson: granola, cereal, rice, pasta, chips, crackers, and pretzels.

Independent Practice: Identify the appropriate portion size of the listed foods compared to the common items.

### Closure:

Was there a significant difference in what you “thought” the right serving was and what it actually was? What do you have to be the most mindful about?

Great resources:

- Mindless Eating by Brian Wansink
- Mindful Eating by Jan Chozen Bays, MD