

Is That Portion a Serving?

The amount of food we eat is just as important as what we eat. At first glance, one may think that following Canada's Food Guide is difficult because of the number of servings it suggests. Keep in mind that the packaged foods you are buying on a daily basis usually provide more than one serving within a particular food group. In fact, some may provide 3 or more servings. Contrary to popular belief, the serving size on food labels are not telling you the amount you should be eating but a guide to tell you how many calories and nutrients as well as fat, sugar and salt you are consuming in each serving.

Portion Distortion

Manufacturers sometimes try to persuade consumers to purchase their product by "adding value" or supersizing their product. This may make a lot of economical sense for a bottle of shampoo or kitchen towels but it may leave you confused about portion sizes when it comes to food.

Tips to Controlling Portions:

- ✓ Order the smaller size or share the larger sizes with friends
- ✓ Enjoy the "single scoops" rather than doubling up
- ✓ Split desserts
- ✓ Ask for a takeout container when dining out and put 1/2 of the food in it at the start of the meal
- ✓ Use smaller plates

The price we pay for overabundance is high. Kids and adults who consistently overeat are at risk for developing weight and medical problems. These include high blood pressure, high cholesterol, diabetes, bone and joint problems, breathing and sleeping problems and even depression.

If we preach to our children about portion control chances are they will tune out. A better approach is involving them and providing the knowledge needed to make wise choices.

One of the reasons we eat too much is because we tend to eat what is on our plates so it is important to understand what a serving consists of and the recommended amount for each food.

Canada's Food Guide Servings

Grains:

- 1 slice of bread or 35g
- 1 small roll
- 1/2 cup cooked rice or pasta
- 1/2 bagel or 45g

Milk Products:

- 1 cup milk or 250ml
- 3/4 cup yogurt or 175g
- 1 1/2 ounces cheese or 50g

Meat & Alternatives

- 2tbsp peanut butter 30ml
- 1/2 can tuna 125ml
- 2 1/2 ounces meat 75g
- 3/4 cup beans 175ml

Fruits & Vegetables

- 1 medium fruit
- 1/2 cup vegetables 125ml
- 1 cup salad 250ml
- 1/2 cup 100% juice 125ml

**Remember that people need different amounts of food depending on their age and physical activity level.

Interpreting Portion Sizes

	2 servings of pasta look like a tennis ball
	1/2 bagel looks like a hockey puck
	50g of cheese looks like 4 dice
	75g of meat looks like a deck of cards
	2tbsp of peanut butter looks like a ping pong ball
	Medium fruit looks like a tennis ball

Resources

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

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Fun Food Facts!



India is the world's largest producer of bananas, producing nearly 22 million tons in 2007

Did You Know?



Apples are more effective at waking you up in the morning than coffee

The fructose (simple sugar) contained in apples is delivered slowly by the eating process where as coffee will give you the "instant jolt". There are no adverse effects like the "let down" or addiction that some people experience from coffee or energy drinks

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