



Fast facts for busy bodies

by accredited nutritionist Catherine Saxelby

PORTION CAUTION

Over the past 20 years portion sizes have grown bigger and bigger. Nutritionists are convinced they've been a major contributor to our obesity problem. They've even coined a name for it – 'portion creep'. Look at these familiar examples of supersized portions.



Coke/Soft drink

Then
250ml waist
450kJ (107 cal)

Now
600ml buddy
1,080kJ (258 cal)

Now we sip the 600ml buddy-size bottle compared to the 250ml waist bottle first created in 1915. Both are sold as a 'single serve'.



Juice

Then
200ml glass
285kJ (70 cal)

Now
600ml tumbler
855kJ (205 cal)

Now a 600ml tumbler is the smallest size you can order from a juice bar – equal to 4 pieces of whole fruit.



Muffins

Then
55g
810kJ (195 cal)

Now
175g
2,580kJ (615 cal)

Muffins now balloon out of their paper case. It's value for money but not for our waists!



Movie popcorn

Then
55g cup
1,265kJ (300 cal)

Now
150g Maxi box
3,455kJ (825 cal)

At the movies, popcorn comes in a gigantic maxi-box instead of an old-fashioned cup. You never get to the bottom!



Fries

Then
72g
925kJ (220 cal)

Now
200g
1,670kJ (400 cal)

You get offered free fries with your burger or asked to upsize to the large size for the same price.



Wine

Then
100ml standard
270kJ (65 cal)

Now
250ml glass
675kJ (160 cal)

Sip from a massive balloon glass that can hold up to 250ml – over twice as big as the old-fashioned 100ml glass that holds a standard 10g of alcohol.



10 TIPS FOR DOWNSIZING

- 1 Eat slowly. Listen to your stomach and stop eating when you feel full. You don't need to finish everything on your plate.
- 2 Buy the smallest size you can. Don't be tempted to get 'value for money' with the bigger size.
- 3 Share with a friend or save half for later.
- 4 Serve meals on smaller sized plates and bowls. Use small – not oversized – spoons.
- 5 Measure or weigh your portions of rice, pasta or meat once so you know what a standard size serve looks like. When you're serving, take notice of how much you getting – is it 1/2 cup OR really 1 1/2 cups?
- 6 Meat portions should be around the size of the palm of your hand.
- 7 When eating out, ask for a 'doggie bag' and take leftovers home for later.
- 8 Don't be tempted to finish off all you've cooked up. Freeze leftovers in single or double portions for another meal.
- 9 Tall thin glasses look as if they hold more than short squat glasses.
- 10 Check the label to see if the serve size is realistic. Many snacks and dairy desserts are sold as a single serve yet often contain 2 or 3 serves. For example, you can easily finish off a 200g tub of dairy dessert but the figures on the labels refer to a 100g serve size – half the tub.

BIGGER MEANS YOU EAT MORE

Increasing portion size is a key cause of obesity. The bigger the portion in front of you, the more you tend to eat – and that's been proven in research.

We don't listen to our stomach but eat what's served to us, according to a number of studies. A US study, for instance, of 30 pre-school children, reported that when the size of their macaroni and cheese meal served was doubled, children ate 25% more, which was equivalent to 15% more kilojoules.

Another study showed that when given a 500g packet of chocolate M&Ms to snack on during a movie, people ate an average of 112 M&Ms. However when offered the larger 1kg bag, people ate 156 M&Ms, 30 per cent more without realizing it.



Everyone loves a bargain. But it's a bargain our waistlines don't need! Next time, you see a 'two for one' offer, think of this:

“If it doesn't go to WASTE, it will end up around your WAIST”



Produced by nutritionist **Catherine Saxelby** to help busy people eat better and look after their health. You can find more handy tips, articles and quick recipes at Catherine's website www.foodwatch.com.au Catherine Saxelby is an award-winning food writer and author of *Nutrition for Life* and *Zest Cookbook* (Hardie Grant Books).

