

# PORTION

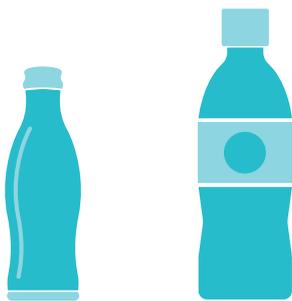


## PORTION CAUTION

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.



THEN	NOW
250ml waist	600ml buddy
450kJ (107cals)	1080kJ (258cals)



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'.

THEN	NOW
200ml glass	600ml tumbler
285kJ (70cals)	855kJ (205cals)



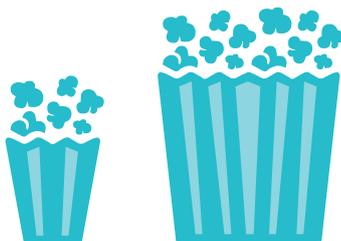
Now a 600ml tumbler is the smallest size you can order – equal to 4 pieces of whole fruit.

THEN	NOW
55g	175g
810kJ (195cals)	2580kJ (615cals)



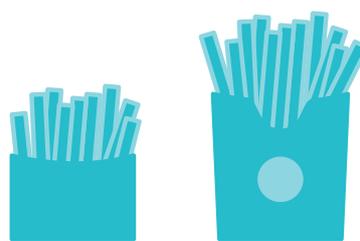
Muffins now balloon out of their paper case. It's value for money but not for our waists!

THEN	NOW
55g cup	150g Maxi box
1265kJ (300cals)	3455kJ (825cals)



At the movies, popcorn comes in a gigantic maxi-box. You never get to the bottom!

THEN	NOW
72g	200g
925kJ (220cals)	1670kJ (400cals)



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

THEN	NOW
100ml standard	250ml glass
270kJ (65cals)	675kJ (160cals)



Sip from a massive balloon glass that can hold up to 250ml – over twice as much as the 100ml used as the standard drink size of 10 grams 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. Share with a friend or save half for later.
- 3 Serve meals on smaller sized plates and bowls. Use small – not oversized – spoons.
- 4 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 half a cup OR really 1 1/2 cups?
- 5 Meat portions should be around the size of the palm of your hand.
- 6 When eating out, ask for a 'doggie bag' and take leftovers home for later.
- 7 Don't be tempted to finish off all you've cooked up. Freeze leftovers in single or double portions for another meal.
- 8 Tall thin glasses look as if they hold more than short squat glasses.
- 9 Check the label to see if the serve size is realistic. Many foods are sold as a single serve yet contain 2 or 3 serves. For example, you can easily finish off a 200g tub of dairy dessert but the figures on the label refer to a 100g serve - half the tub.
- 10 Brush your teeth. Chew a piece of minty sugarfree gum. Or sip a hot drink like tea. These after-meal rituals can be cues to stop eating and curb the need to keep eating.

## 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 per cent more, which was equivalent to 15 per cent 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 accredited nutritionist Catherine Saxelby to help busy people eat better and look after their health. Find tips and quick recipes at her website.

