

Volume 1

SMART SIZE YOUR FOOD

Over-packing your plate?

Ever wonder about the amount of food you eat each day? Or how your servings compare to *Eating Well with Canada's Food Guide*?

When it comes to maintaining a healthy body weight, it's not only what you eat but also how much that matters.



Eating sensible portion sizes better our chances of staying healthy, yet many of us don't realize how much food we're actually eating.

Uncertainty about portion sizes can lead to overeating. Choosing healthy meal and snack portions according to *Eating Well with Canada's Food Guide* is easy once you know how.

Pick Your Portions Carefully

What Is a Portion?

A portion is the amount of food you eat at any one time. It's how much you get served at a restaurant, the amount of food in a packaged food or the amount you choose to put on your plate.

Portion Sizes: Who Cares?

We all should!

Portions in supermarkets and restaurants are getting bigger. Buying, preparing and eating larger portions can encourage overeating, which can lead to weight gain and obesity.

Being overweight or obese can lead to chronic diseases such as heart disease and diabetes. Learning about healthy portion sizes will help you maintain good health and a healthy weight.

Size Up Your Servings

What Is a Nutrition Facts Serving?

A Nutrition Facts serving is the food amount shown at the top of the Nutrition Facts table on packaged foods.

Nutrition Facts	
Per 1 cup (34g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

A Nutrition Facts serving is shown in two ways: as a household measure (such as cups, tablespoons or slices) and as a metric measure (such as mL or g). These measures let you compare serving sizes to the portions you would normally eat.

The Nutrition Facts serving is not a recommended serving size. It might not be the same as the suggested

serving size in *Eating Well with Canada's Food Guide*, but it can still be used to manage your portions.

Picture Your Food Guide Servings

These everyday objects can help you remember Food Guide Servings:

What Is a Food Guide Serving?

A Food Guide Serving is a measured amount of food set by Health Canada. Food Guide servings are shown in *Eating Well with Canada's Food Guide*. Examples of Food Guide Servings include:

- 250 mL (1 cup) raw leafy vegetables
- 125 mL (1/2 cup) cooked pasta
- 250 mL (1 cup) milk
- 2 eggs

The Food Guide tells you how many Food Guide Servings you need from each of the four food groups every day.

For example, a female aged 19-50 needs:

- 7-8 Food Guide Servings of Vegetables and Fruit
- 6-7 Food Guide Servings of Grain Products
- 2 Food Guide Servings of Milk and Alternatives
- 2 Food Guide Servings of Meat and Alternatives

Following *Eating Well with Canada's Food Guide* will help you manage your portions. Check the Food Guide to see how many servings you should be eating each day.

Food Group	One Food Guide Serving of...	Looks Like...
Vegetables and Fruit	1 medium vegetable or fruit 125 mL (1/2 cup) fresh, frozen or canned vegetables or fruit 250 mL (1 cup) leafy raw vegetables or salad 1 medium baked potato	a tennis ball a standard computer mouse a baseball a standard computer mouse
Grain Products	1/2 bagel (45 g) 125 mL (1/2 cup) rice or pasta, cooked slice of bread 175 mL (3/4 cup) hot cereal	a hockey puck a standard computer mouse a compact disc case a tennis ball
Milk and Alternatives	1 1/2 oz (50 g) of block cheese 175 g (3/4 cup) yogurt 250 mL (1 cup) milk	six dice a 175 g single serve yogurt container a 250 mL single serve carton
Meat and Alternatives	2 1/2 oz (75 g) meat, fish or poultry, cooked 30 mL (2 tbsp) peanut or nut butter 175 mL (3/4 cup) legumes, cooked	a deck of cards (a little smaller than) a golf ball a tennis ball



Smart Size It!

Managing Your Portion Sizes

Use these tips to control your portion sizes while eating out or at home.

Eating Out

- Skip the super-size option. Choose smaller “smart size” portions instead.
- Ask for a half portion or save half for lunch the next day.
- Share dessert with a friend.

Eating at Home

- Eat only when you're hungry and stop eating before you feel full.
- Don't skip meals. (Skipping meals can lead to overeating later on in the day.)
- Eat a healthy snack between meals to avoid overeating at mealtimes.
- Don't eat while watching television. (You'll pay less attention to how much you're eating if you're watching TV.)
- Put smaller portions of treats (such as ice cream or potato chips) in a bowl instead of eating out of the container or bag.
- Serve food on smaller plates and in smaller bowls.
- Serve healthy portions on individual plates instead of putting serving dishes on the table.
- Read food labels. Compare how much you eat to the Nutrition Facts serving size.
- Learn to recognize Food Guide Servings. Compare what you normally eat to *Eating Well with Canada's Food Guide*.

Portion Your Plate

Create a healthy balanced meal by dividing your plate into three sections:

1. Half ($\frac{1}{2}$) of your plate should be vegetables and fruit (such as carrots and broccoli).
2. One quarter ($\frac{1}{4}$) should be grains (such as whole grain pasta or rice).
3. One quarter ($\frac{1}{4}$) should be meat and alternatives (such as chicken or beans).

Enjoy your meal with a glass of milk.



Choose a medium-sized plate (about the size of a Frisbee®) to help you keep your portions healthy.

Did You Know...

- A plate of pasta may equal three to four Food Guide Servings of Grain Products.
- A 591 mL bottle of 100% juice equals almost five Food Guide Servings of Vegetables and Fruit. *(Get most of your Vegetable and Fruit servings by eating whole vegetables and fruit. They contain more fibre and other valuable nutrients than juice.)*
- A large bagel may equal three to four Food Guide Servings of Grain Products.
- An 227g (8oz) steak equals three Food Guide Servings of Meat and Alternatives.
- A 6-inch submarine bun equals two to three Food Guide Servings of Grain Products.



227g (8oz) Steak

75g (2.5oz) Steak
= 1 Food Guide Serving

Try This!

1. Pour the amount of cereal you would normally eat into a bowl.
2. Measure and compare your amount against the serving size listed on the cereal box's Nutrition Facts table.

Are you eating more or less? How many Food Guide Servings are you eating? Try this activity with other foods you enjoy.

Remember that the nutrition information is based on the serving size stated in the Nutrition Facts table and could be different from the amount you eat.

Produced by Public Health Nutritionists and Dietitians in the Region of Peel.
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