

Avoid Portion Distortion December 6th grade 4-H lesson



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Last month we learned about MyPlate and the foods that make up the food groups on my plate. We also had some consumer messages

1. Balance calories
2. Foods to increase , and
3. Foods to reduce

We also discussed that we need to enjoy our food but eat less. When portion sizes increase the number of calories that we get from food also increases.

MyPlate: Fruits

- Eat the equivalent of 2 cups of fresh, canned or frozen fruits per day (for a 2,000 calorie diet)

Note this equivalent:

- ¼ cup dried fruit = ½ cup fruit
- 6 oz. fruit = ½ cup fruit
- 1 small apple or orange = 1 cup fruit



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Most 12-13 year old girls need 2,000 calories daily if you get 30-60 minutes of physical activity daily. Boys would need about 2,200 calories.

For the 2,000 calorie diet, we need to eat two cups of fruit each day. Make sure to try to eat different colors daily.

You should have fruit on your plate, every meal. Remember that half of our plate should be fruit and vegetables.

MyPlate: Vegetables

- Eat the equivalent of 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet)

Note this equivalent:

- 2 cups raw leafy greens = 1 cup of vegetable



3

For the 2,000 calorie diet we need 2 1/2 cups of vegetables per day. Fruits and vegetables help us get the vitamins and minerals that we need to stay healthy. Each fruit and vegetable contain different amount of vitamins and minerals. Eating a variety helps make sure we get all of our vitamins and minerals needed.

Remember half of your plate should be vegetables and fruits each day.

MyPlate: Dairy products

- Consume 3 cups per day of **fat-free or low-fat** milk or equivalent milk products
- Children & Youth ages 9 & up: 3 cups per day

Equivalents:

- 8 oz. milk
- 1½ oz. natural cheese
- 1 cup yogurt
- 2 oz. processed cheese



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To get the required amount of calcium for your growing bodies you need to consume 3 cups of mild or dairy equivalent products daily. If you are allergic to dairy, there are several foods that contain calcium.

Choose low-fat cheeses, non fat yogurt, and lower fat milk.

Choosing a lower fat milk saves calories, and you still get the good nutrients from your dairy products.

MyPlate: Grains

- Eat 6 ounce-equivalents (for a 2,000 calorie diet)
 - 3 ounce-equivalents or more of whole-grain products
 - The remaining grains should come from enriched or whole-grain products

Equivalents: (1 ounce equals)

- 1 slice bread
- ½ cup cooked pasta, cooked rice or cooked cereal
- 1 cup ready-to-eat cereal



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The recommended amount of grain for a 2,000 calorie diet includes. Six one ounce portions of grains per day, with at least 3 one ounce portions from whole grain.

6 ounces equals=

- 1 cup of cereal for breakfast—1 ounce
- A sandwich for lunch—2 ounces
- 1 cup of pasta with spaghetti sauce—2 ounces
- 1 small slice of garlic bread for supper— 1 ounce

Make half your grains whole grain



Eating foods rich in fiber – such as whole grains:

- Reduces risk of heart disease
- Helps control weight

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Whole grains have been shown to:

- Reduce the risk of heart disease by decreasing cholesterol levels, and blood pressure.
- Help reduce the risk of some cancers.
- They help regulate blood glucose in people living with diabetes.
- Other studies have also shown that people who consume more whole grains weigh less than those who consume less whole grain products.

MyPlate: Protein

- Eat 5½ ounce-equivalents (for a 2,000 calorie diet). Choose lean meat and poultry. Vary your choices – more fish, beans, peas, nuts and seeds.

Equivalents:

- 1 oz. meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon peanut butter
- ½ oz. of nuts or seeds



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All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group.

Go lean on protein:

- ♦ Choose low-fat or lean meats and poultry
- ♦ Bake it, broil it, or grill it
- ♦ Vary your choices—with more fish, beans, peas, nuts and seeds

Many “treat” snacks & desserts are available in 100 calorie or less portion sizes – for example ...



Cookies



Crackers



Chips



Ice cream bars

Fruit bars



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The 2,000 calorie diet allows for only 265 discretionary or extra calories.

If you drink a 20 ounce soda, you use up 250 of your extra calories and leave 15 for a snack.

Many snacks are available in small 100 calorie packs.

Many chocolate candies have 100 calories in a small piece of candy.



Quick label quiz

Nutritional Information
 Serving Size: 5 pieces (40 g)
 Servings Per Container: about 8

Amount Per Serving

Calories: 200 Calories from Fat: 120

How many calories in ONE candy?

The best way to determine the amount of calories you are eating is to read the nutrition facts label.

Check out this label.

Ask the class.

How many calories are in one candy heart?

After several guesses go to next slide.

Answer: 40 calories!

Nutritional Information
 Serving Size: 5 pieces (40 g)
 Servings Per Container: about 8

Amount Per Serving

Calories: 200 Calories from Fat: 120

200 calories ÷ 5 pieces
 = 40 calories/ONE candy

The answer is 40.

Do the math. There are 200 calories in one serving and one serving has 5 pieces.

$$200 \div 5 = 40$$

Studies have shown that larger portion sizes cause us to eat more.



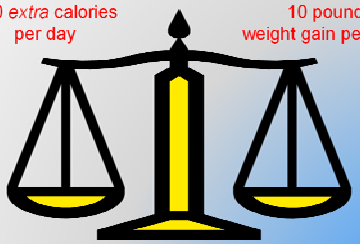
Watch Out for Portion Distortion!

Portion sizes have gotten larger over the years. When we are served larger portions, we eat more.
 Larger portions = More calories

You have to read the label to determine what a portion size is and how many calories are in the snack or meal you are eating. The label may state that there are 200 calories per serving, but the container may contain 2 servings. If you eat the entire amount you get 400 calories.

Larger portions add up

100 extra calories per day 10 pound weight gain per year



Maintaining a Healthy Weight is a Balancing Act
 Calories In = Calories Out

Maintaining a healthy weight is a balancing act. We need to burn off or use up the calories that we take in daily. If we take in more calories than we use up, those excess calories are stored as fat.

100 extra calories per day can = 10 extra pounds per year.

The next series of slides illustrate how portion sizes have increased over the last 25 years.

A slide showing a commonly eaten food item will appear. Point out the not only the size difference but also the increase in calories due to the size increase. The following slide gives an example of how much physical activity a person would have to do in order to burn off those extra calories.

Ask the class how many of them would like to do that extra exercise just to be able to eat more food. You won't have too many takers!

CHEESEBURGER


<p>20 Years Ago</p>  <p>333 calories</p>	<p>Today</p>  <p>590 calories</p>
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Calorie difference: 257 calories


13 

Increased cheeseburger size: 257 more calories

Lifting weights for 1 hour and 30 minutes burns approximately 257 calories*



*Based on 130-pound person

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FRENCH FRIES

<p>20 Years Ago</p>  <p>210 calories 2.4 ounces</p>	<p>Today</p>  <p>610 calories 6.9 ounces</p>
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Calorie difference: 400 calories

17 

Increased French fries size: 400 more calories

Walking leisurely for 1 hour and 10 minutes burns approximately 400 calories*



*Based on 160-pound person

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SODA


<p>20 Years Ago</p>  <p>85 calories 6.5 ounces</p>	<p>Today</p>  <p>250 calories 20 ounces</p>
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Calorie difference: 165 calories

19 

Increased soda size: 165 more calories

Shooting baskets 1 hour burns approximately 165 calories*



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PEPPERONI PIZZA

20 Years Ago



500 calories

Today



850 calories

Calorie difference: 350 calories

21

Increased pepperoni
pizza size:
350 more calories

Riding your bicycle for 1
hour and 10 minutes burns
approximately 350 calories



22

POPCORN

20 Years Ago



270 calories
5 cups

Today



630 calories
11 cups

Calorie difference: 360 calories

23

Increased popcorn
size: 360 more calories

Dancing for 2 hours
and 10 minutes burns
approximately 360
calories



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CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch
diameter

Today



275 calories
3.5 inch diameter

Calorie difference: 220 calories

25

Increased chocolate
cookie size:
220 more calories

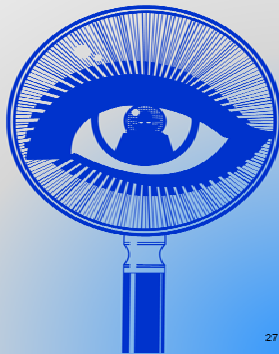
Roller blading for 1 hour
burns approximately 220
calories



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Avoid portion
distortion!

Keep an
“eye” on your
food portion
sizes



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A good way to see how big your portions really are is to measure the size of bowls, glasses, cups, and plates you usually use. This can help you choose sensible portions. To see what 1 cup, ½ cup, or 1 ounce of some different foods looks like, take a measuring cup and measure your foods.



Next Months Contest

BISCUIT BAKING CONTEST

Both the bread baking and cookie contests will be at your January meeting. (All entries should be baked by the 4-H member making the entry.) *Parents and grandparents may help, but please remember that this is the 4-H members project.*

You may enter as many of the categories as you are eligible. You will receive ribbons for all entries.

6th grade – Bring 3 Biscuits to your January 4-H meeting.



Bryce Rogers, Corley Rogers, and Abby Pearman bake biscuits at the 2011 Farm-City Day.

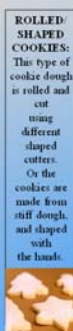
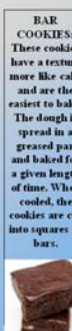
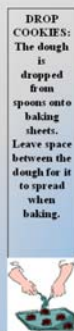


COOKIE CONTEST

- Division 1: Drop Cookies
- Division 2: Bar Cookies
- Division 3: Shaped Cookies



Bring 3 of each type of cookie that you are entering to your January 4-H meeting.



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Model Vehicle Contest

Building models is a popular activity for many 4-H members. Only enter one model in each class. (All models must be made by the 4-H member entering them in the model contest.) You may use plastic model kits, snap together kits, or wood kits.

CLASSES ARE:

1. Model Car - plastic, wood, or other kits
2. Model Truck - plastic, wood, or other kits
3. Model airplanes, boats, space shuttles or military vehicle



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For the January meeting 4-H members have 2 contest they can compete in with a possibility of getting 7 ribbons.

Remind the 4-H members that for each of these contest that they this is their contest, not their parents. They are to make the items, however, they can have help from parents, grand-parents, or guardians but they should do the majority of the work.

Baked goods will be judged on uniform shape, color, and taste. A recipe should be included with each entry.

Model vehicles will be judged using the following criteria:

1. Neatness of model. How does it look compared to all other models?
2. Use of glue. Glue should not be visible on outside. Use a toothpick or liquid glue made especially for model kits. Any glue visible on windshields will result in points deducted.
3. Use of paint and/or decals. Are all decals neatly applied? Is paint neat and smooth?
4. Construction. Do all parts fit together properly or does it fall apart when it is picked up to be judged?
5. Difficulty of model. How difficult was your model compared to others in its class.