

Avoid Portion Distortion

With MyPyramid's Specific Guidelines



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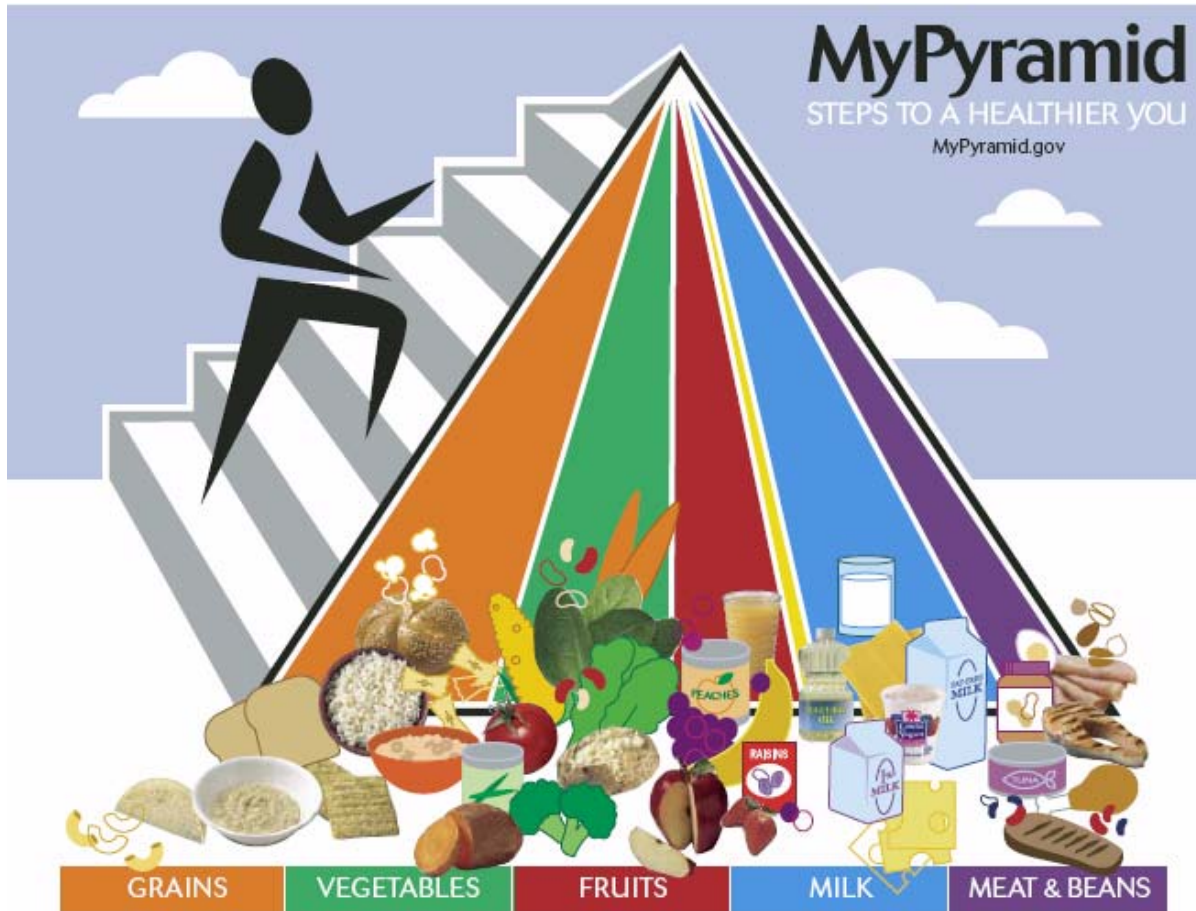
**Lancaster County Extension Educator
lancaster.unl.edu/food**

**University of Nebraska Cooperative Extension
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MyPyramid recommends total amounts rather than “servings”



MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than previous Food Guide Pyramid

What is a “serving”?

FOOD GUIDE PYRAMID SERVINGS	“TYPICAL” AMERICAN PORTIONS
½ cup rice or pasta	1 cup rice or pasta
½ bagel or ½ hamburger bun	1 bagel or 1 hamburger bun
1 chicken leg and thigh	¼ chicken
1 order (½ cup) French fries	Large order (¾ to 1 cup) fries
1 order (½ cup) cooked red beans	Big bowl (1 to 2 cups) chili beans
1 cup leafy greens	Large green salad (2 cups greens)

Source: <http://www.fns.usda.gov/tn/tnrockyrun/whatsa.htm>

MyPyramid tells you exact amounts of each type of food

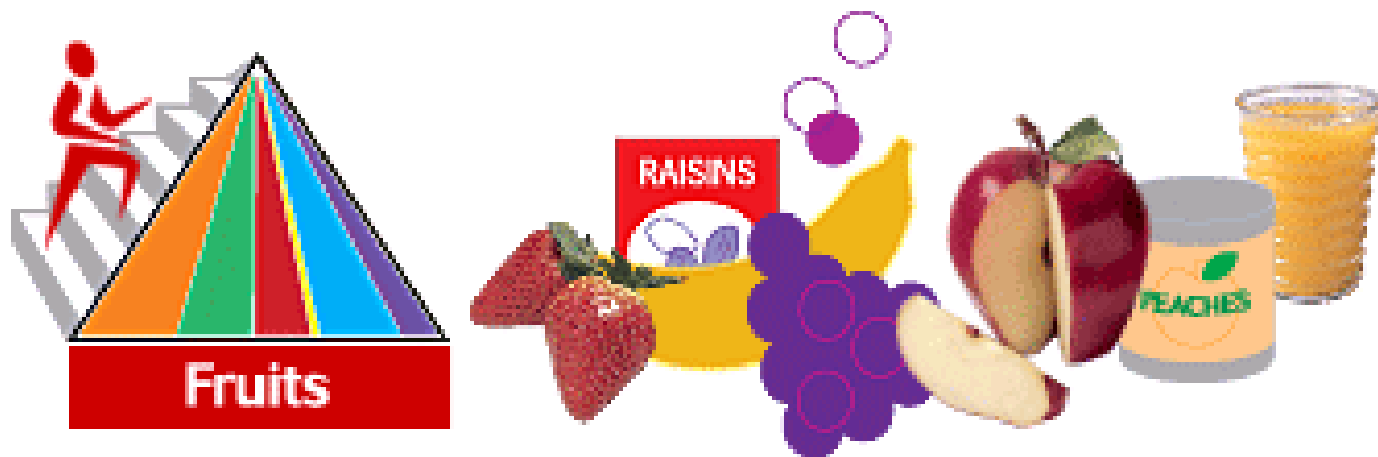


MyPyramid: Fruits

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

Note this equivalent:

- $\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit



MyPyramid: 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



MyPyramid: Dairy products

- Consume 3 cups per day of **fat-free or low-fat** milk or equivalent milk products
 - Children ages 2 to 8: 2 cups per day
 - Children ages 9 & up: 3 cups per day

Equivalents:

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



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



MyPyramid: Meat & beans

- 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



Learn how much and what to eat for YOUR calorie level at MyPyramid.gov

Check here for more information on food groups & related topics

USDA United States Department of Agriculture MyPyramid.gov

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Subjects

- My Pyramid Plan
- Inside the Pyramid**
- Tips & Resources
- Dietary Guidelines
- For Professionals
- Related Links

Steps to a Healthier You

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and

My Pyramid Plan

Age: [] Sex: [Select]

Physical Activity: Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select]

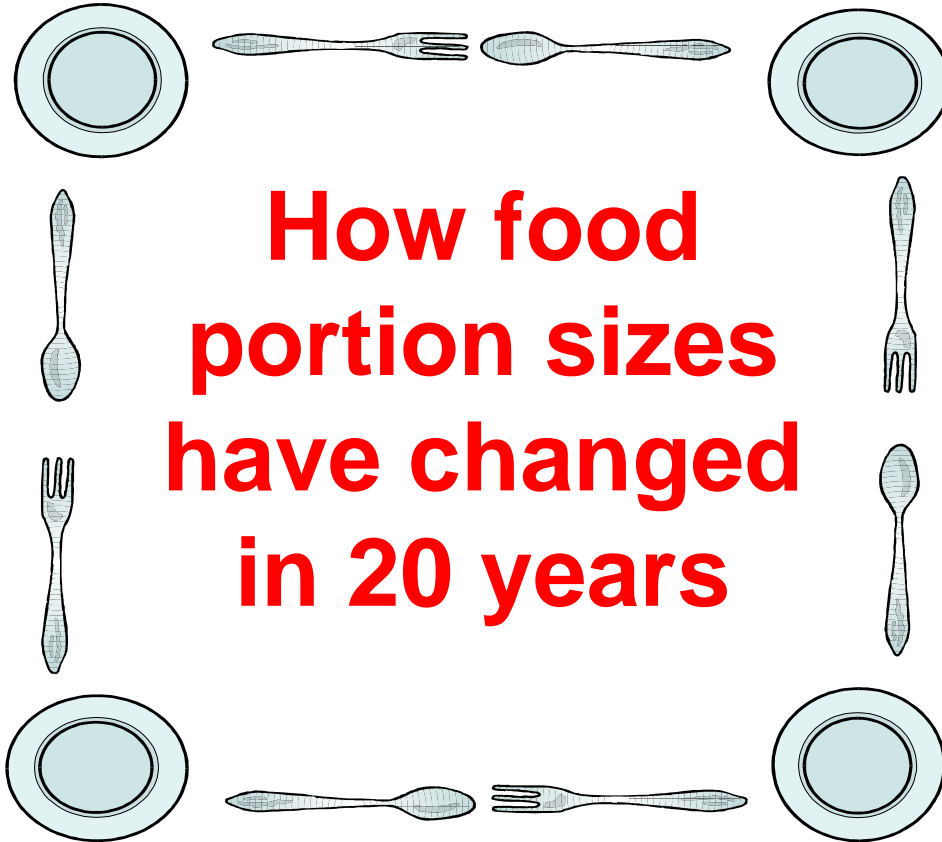
SUBMIT


Tip of the Week

MyPyramid: Do it for you. Make one small change each day for a healthier you.

Submit age, sex and activity level for a personalized MyPyramid

Avoid portion distortion



Slides marked by  are adapted from “Portion Distortion” by the National Heart, Lung and Blood Institute at <http://hin.nhlbi.nih.gov/portion>

BAGEL

20 Years Ago



140 calories
3-inch diameter

Today



350 calories
6-inch diameter

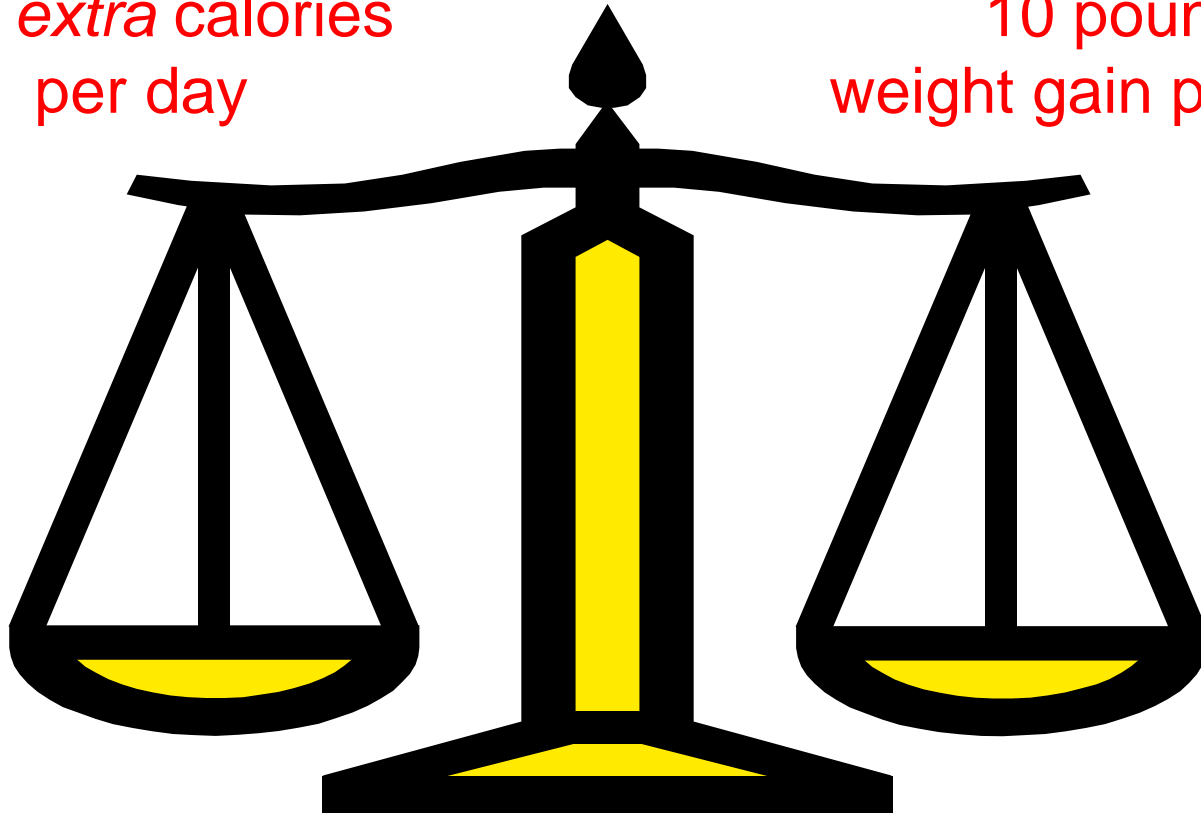
Calorie Difference: 210 calories



Larger portions add up

100 *extra* calories
per day

10 pound
weight gain per year

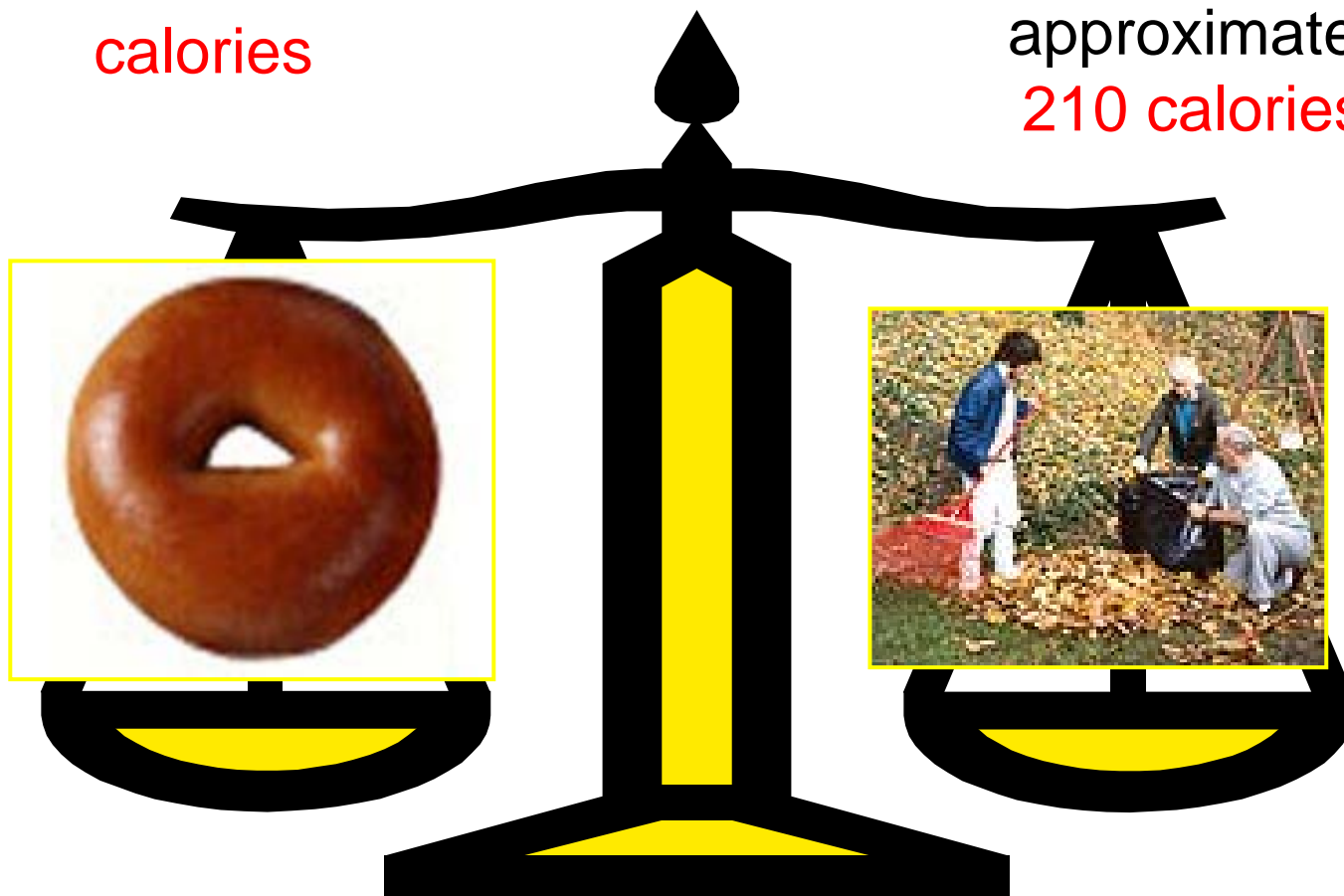


Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out



Increased bagel
size: 210 more
calories

Raking leaves for
50 minutes burns
approximately
210 calories*



*Based on 130-pound person



CHEESEBURGER

20 Years Ago



333 calories

Today



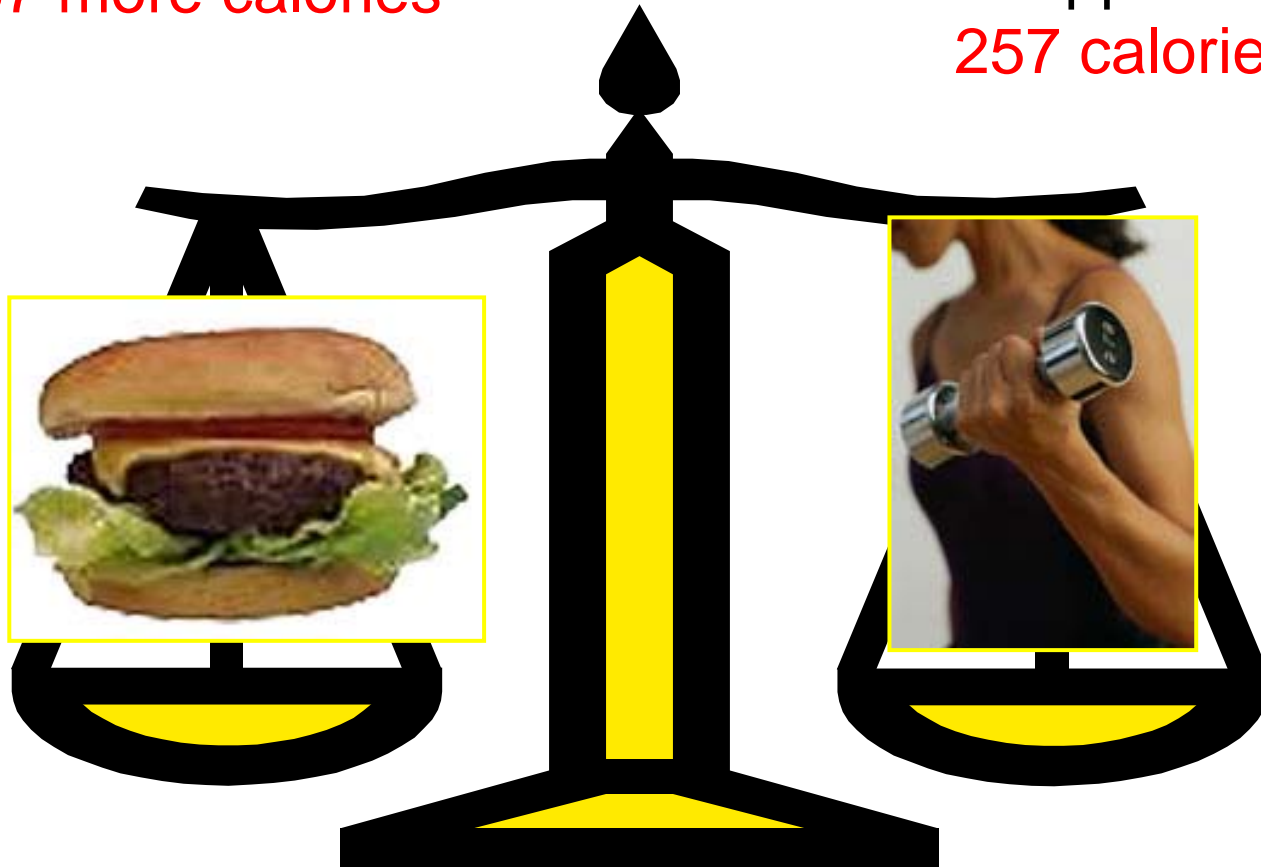
590 calories

Calorie difference: 257 calories



Increased
cheeseburger size:
257 more calories

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



*Based on 130-pound person



SPAGHETTI AND MEATBALLS

20 Years Ago



500 calories
1 cup spaghetti with
sauce and 3 small
meatballs

Today



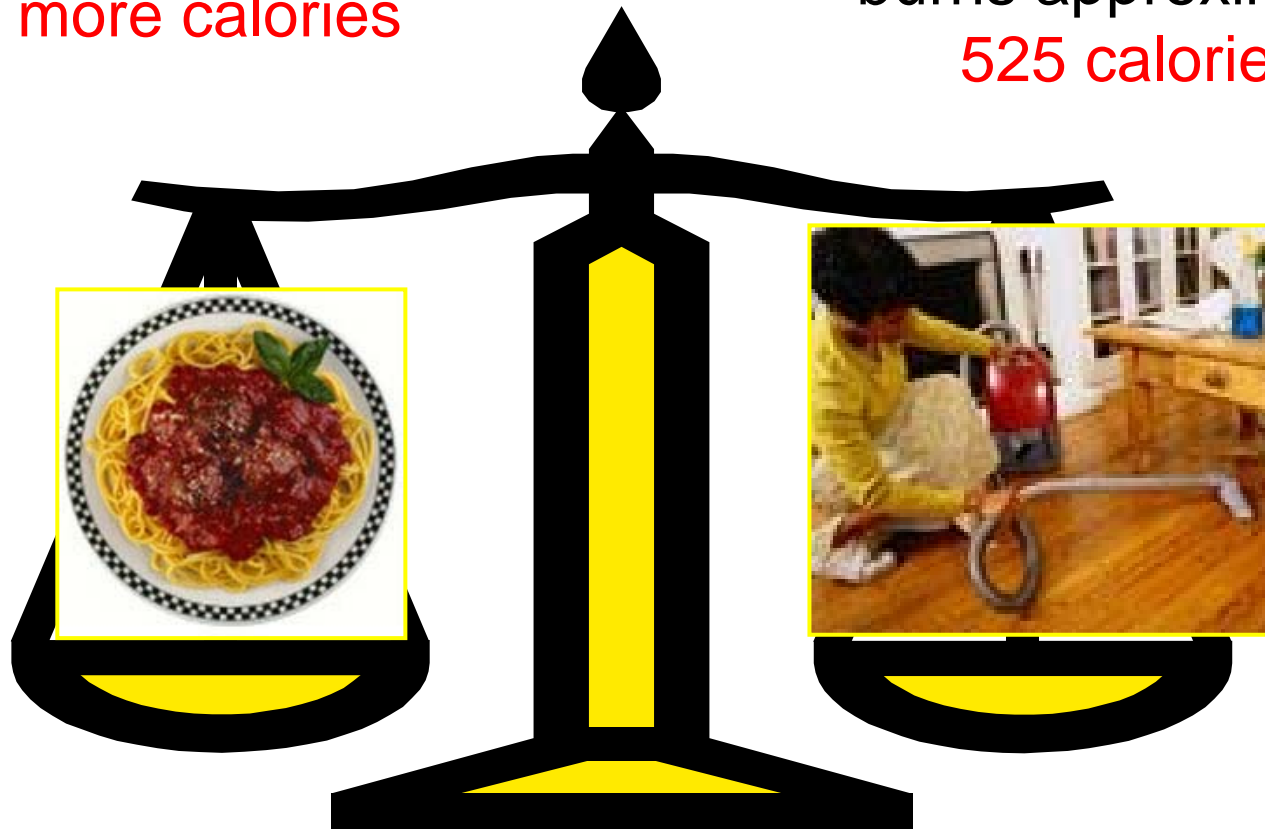
1,025 calories
2 cups of pasta with
sauce and 3 large
meatballs

Calorie difference: 525 calories



Increased spaghetti
and meat ball size:
525 more calories

Housecleaning for
2 hours and 35 minutes
burns approximately
525 calories*



*Based on 130-pound person



FRENCH FRIES

20 Years Ago



210 calories
2.4 ounces

Today



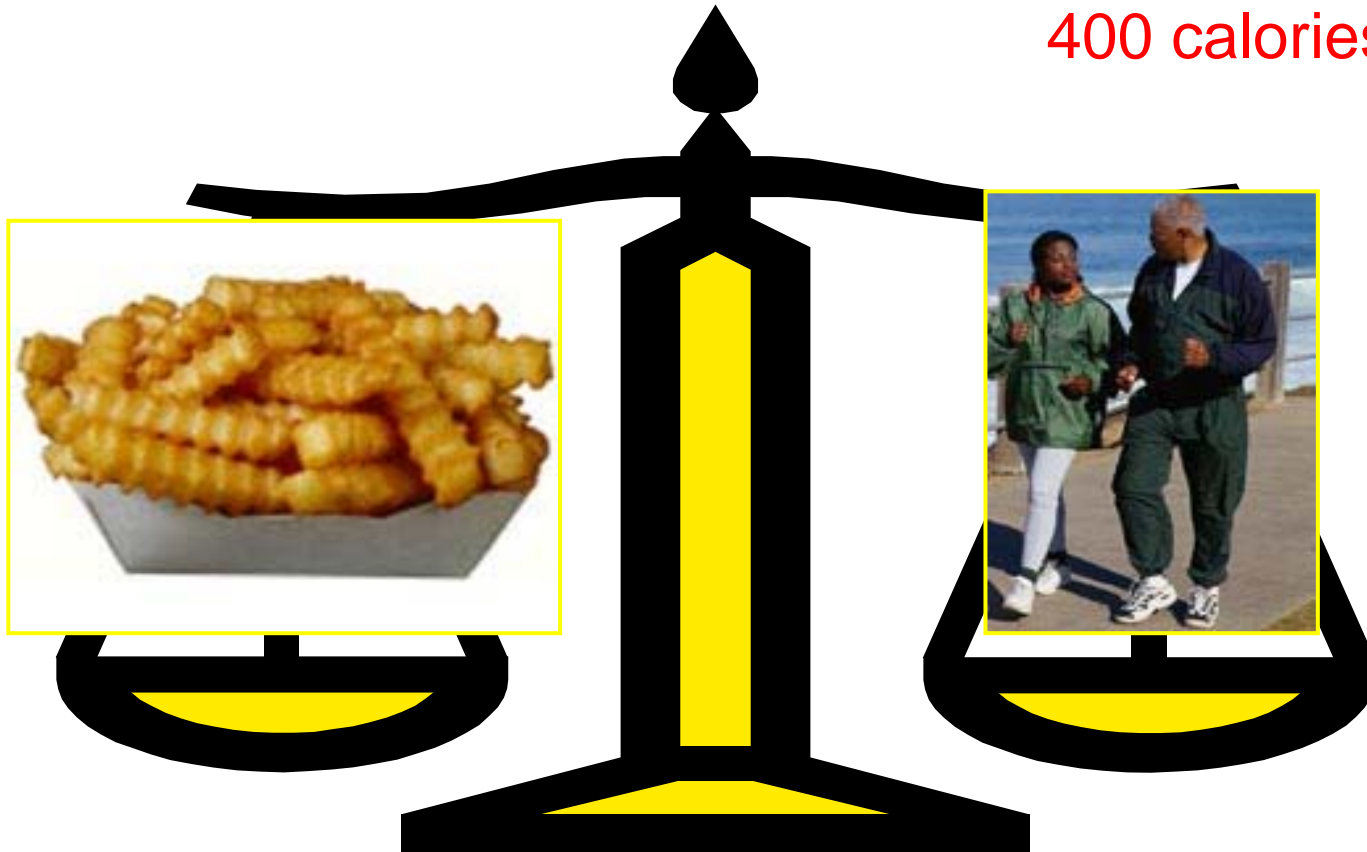
610 calories
6.9 ounces

Calorie difference: 400 calories



Increased French fries
size: 400 more calories

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



*Based on 160-pound person



SODA

20 Years Ago



85 calories
6.5 ounces

Today



250 calories
20 ounces

Calorie difference: 165 calories



Increased soda
size: 165 more
calories

Working in the garden
35 minutes burns
approximately
165 calories*



*Based on 160-pound person



COFFEE

20 Years Ago

Coffee
(with whole milk and sugar)



45 calories
8 ounces

Today

Mocha Coffee
(with steamed whole milk
and mocha syrup)



350 calories
16 ounces

Calorie difference: 305 calories



Increased coffee
size: 305 more
calories

Walking **1 hour and
20 minutes** burns
approximately
305 calories*



*Based on 130-pound person



MUFFIN

20 Years Ago



210 calories
1.5 ounces

Today



500 calories
4 ounces

Calorie difference: 290 calories



Increased muffin
size: 290 more
calories

Vacuumping for
1 hour and 30 minutes
burns approximately
290 calories*



*Based on 130-pound person



PEPPERONI PIZZA

20 Years Ago



500 calories

Today



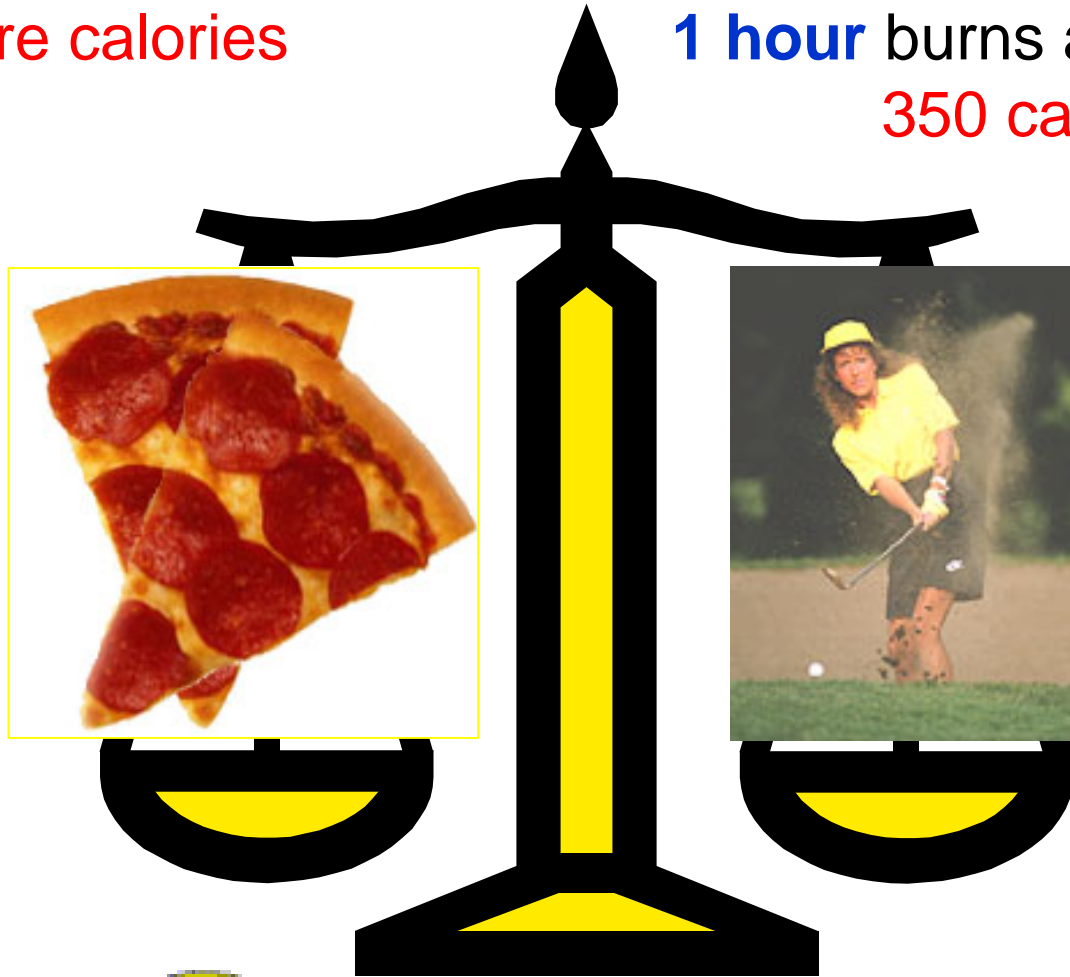
850 calories

Calorie difference: 350 calories



Increased pepperoni
pizza size:
350 more calories

Playing golf (while walking
and carrying your clubs) for
1 hour burns approximately
350 calories*



*Based on 160-pound person



POPCORN

20 Years Ago



270 calories
5 cups

Today



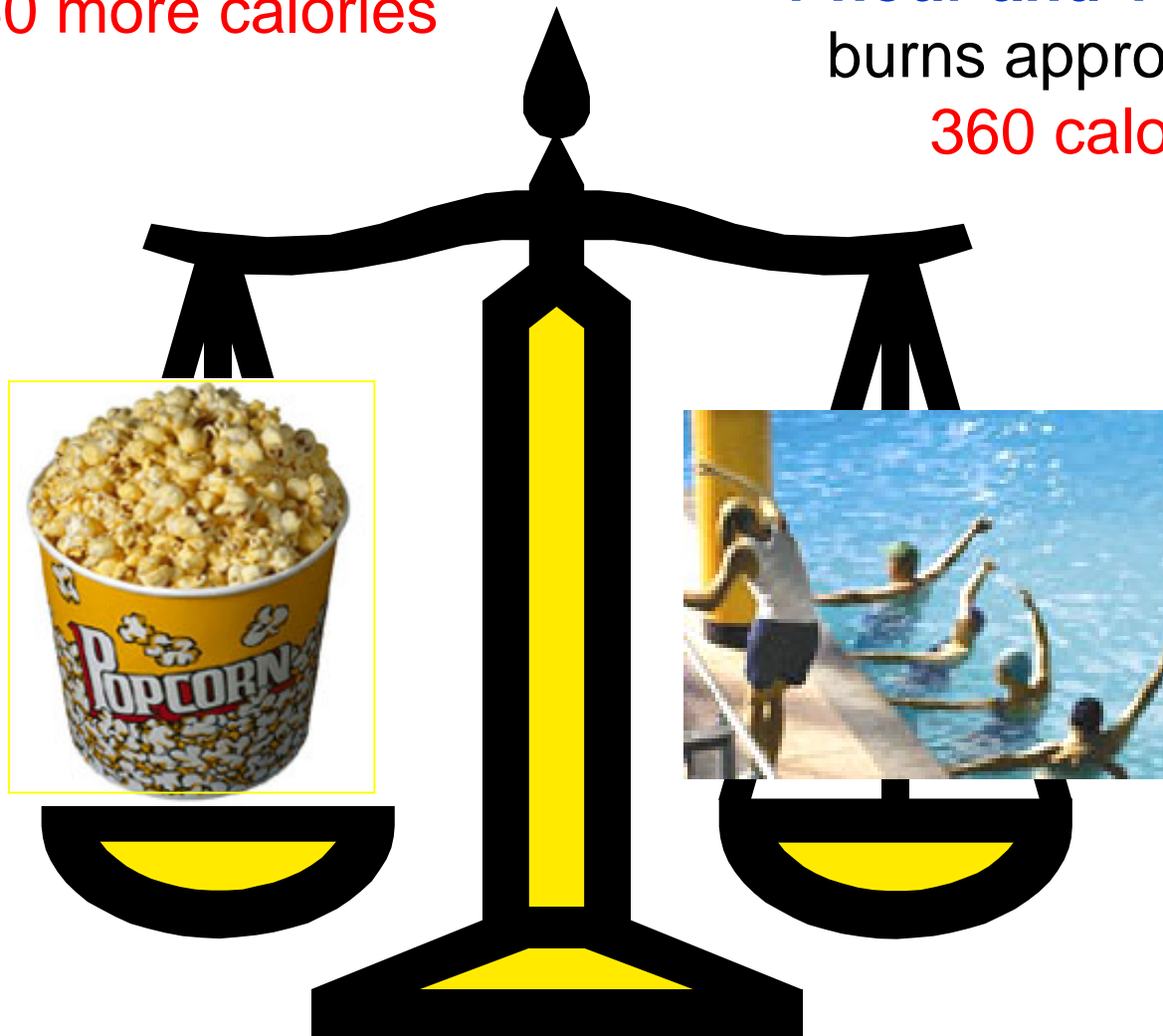
630 calories
11 cups

Calorie difference: 360 calories



Increased popcorn
size: 360 more calories

Doing water aerobics for
1 hour and 15 minutes
burns approximately
360 calories*

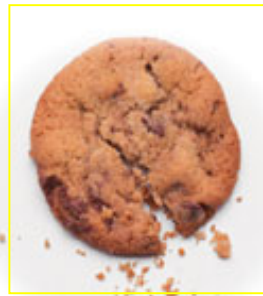


*Based on 160-pound person



CHOCOLATE CHIP COOKIE

20 Years Ago



55 calories
1.5 inch
diameter

Today



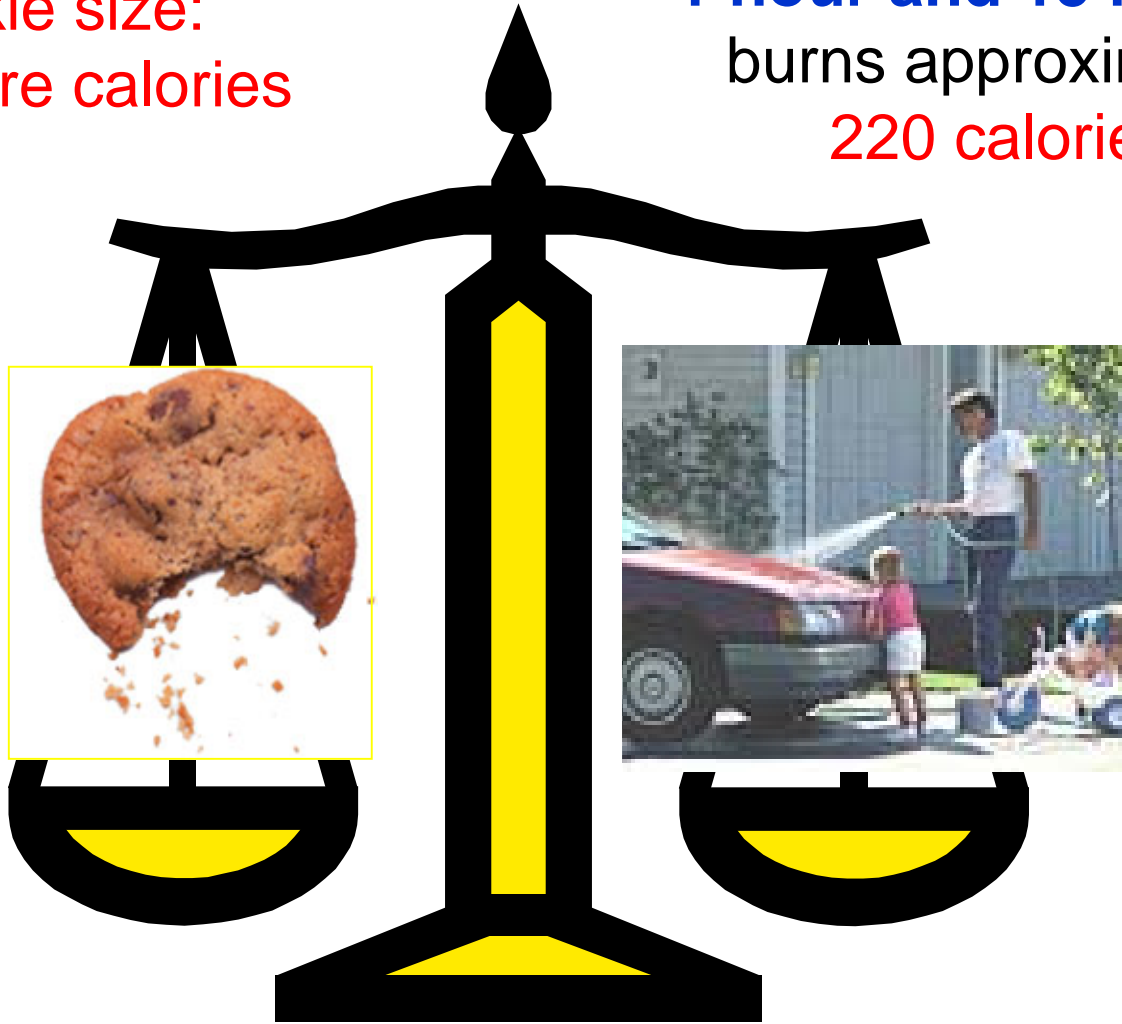
275 calories
3.5 inch diameter

Calorie difference: 220 calories



Increased chocolate
cookie size:
220 more calories

Washing the car
1 hour and 15 minutes
burns approximately
220 calories*

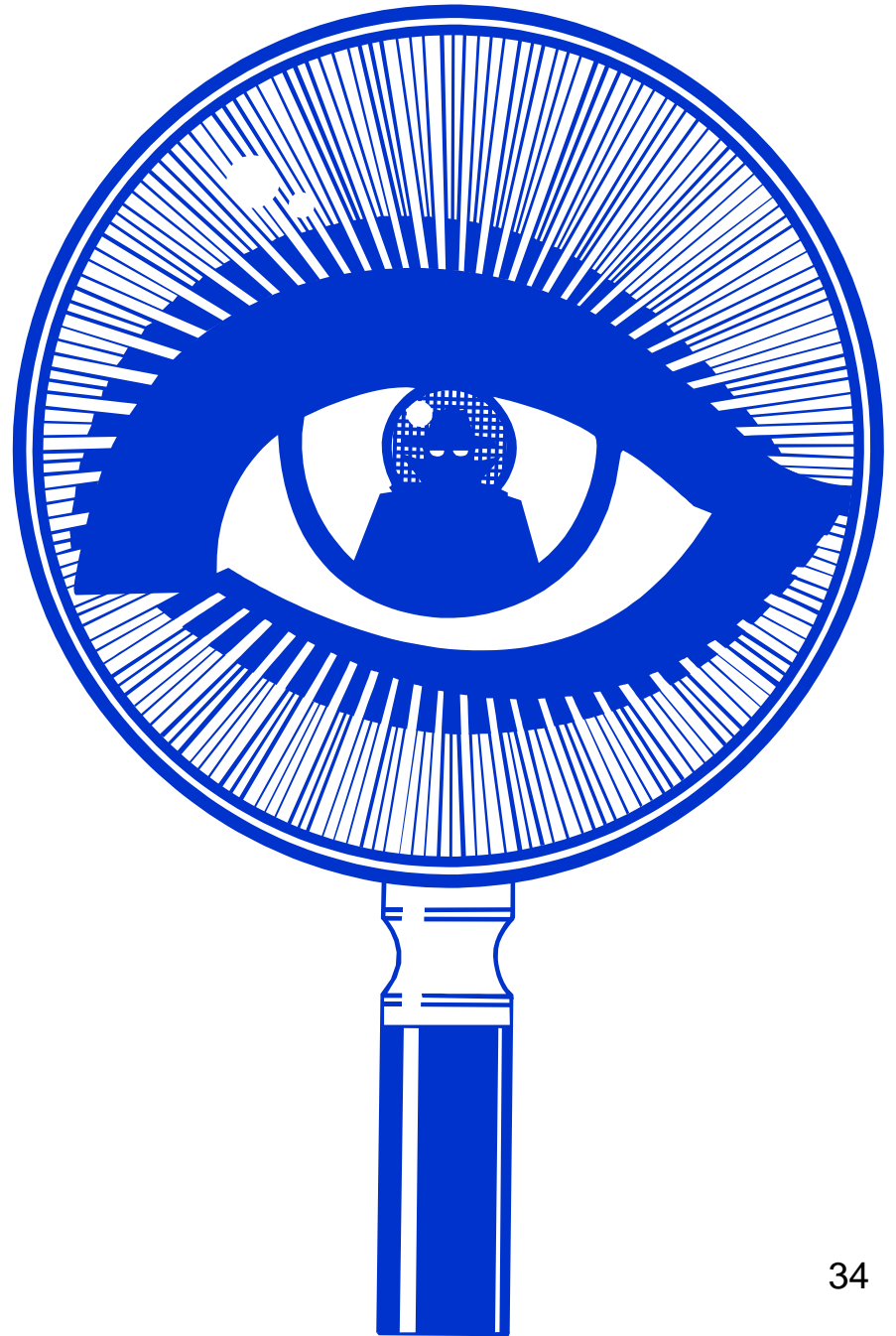


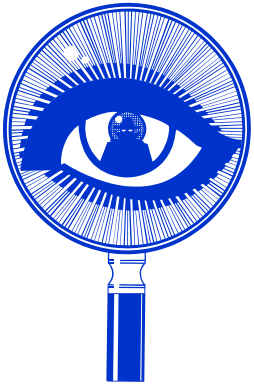
*Based on 130-pound person



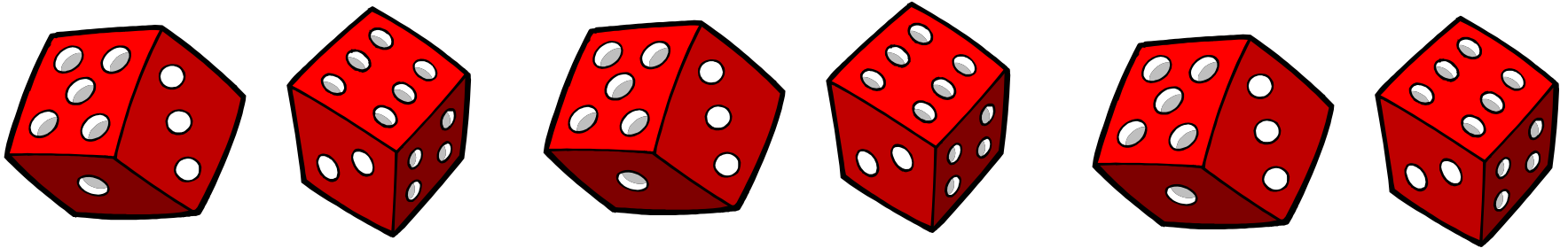
**Avoid portion
distortion!**

**Keep an
“eye” on your
food portion
sizes**





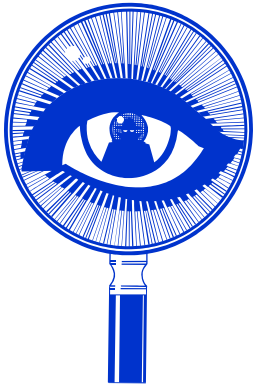
Portion sizes: Cheese



1½ ounces* of *natural* cheese = 6 dice

* Equivalent to 1 cup milk

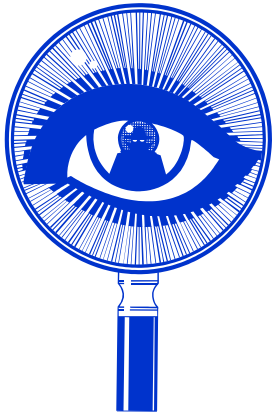
(2 oz. *processed* cheese – 8 dice — also are equivalent to 1 cup milk)



Portion sizes: Meat



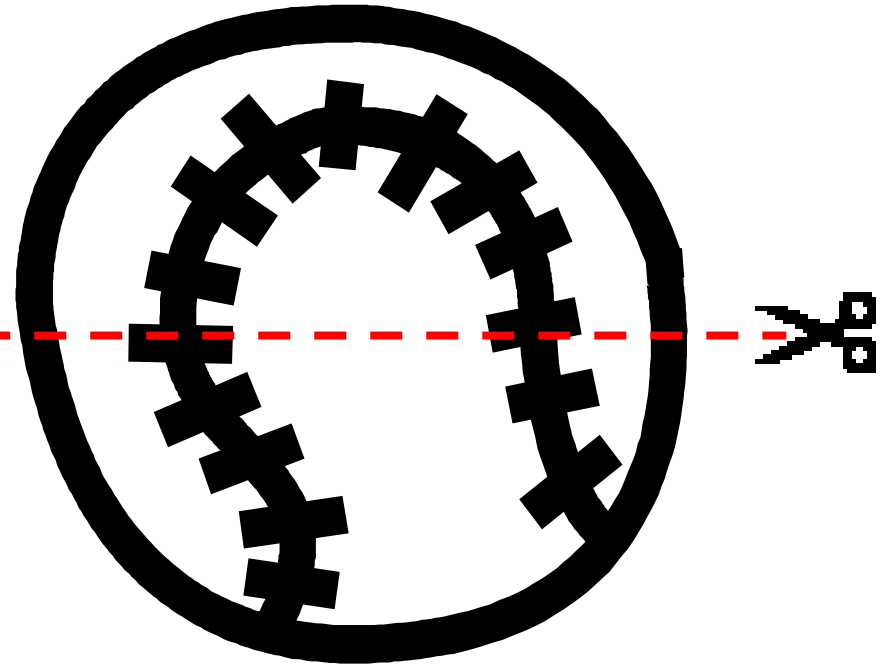
3 oz. cooked meat, fish, or poultry = a deck of cards

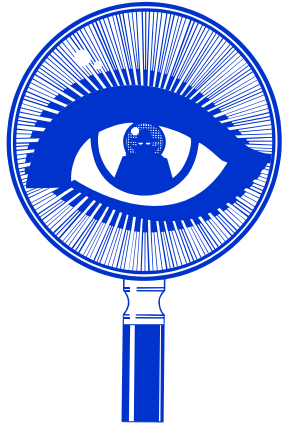


Portion sizes: $\frac{1}{2}$ and 1 cup

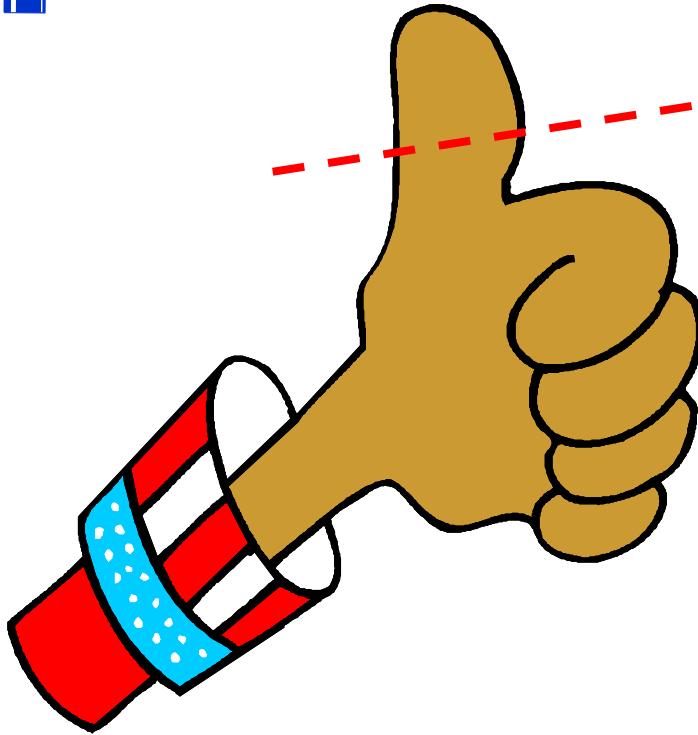
1 cup = 1 baseball

$\frac{1}{2}$ cup = $\frac{1}{2}$ baseball





Portion sizes: 1 tsp. & 1 tbsp.



1 teaspoon = the tip of a thumb to the first joint

1 tablespoon =
3 thumb tips

A final word on portion control



“Never eat
more than
you can lift.”

~Miss Piggy