DSU Half-Ton Weight Loss Challenge – Week 3

This Week’s Goal: Downsize Your Portions

Unfortunately, Americans have become accustomed to seeing mammoth, oversized servings when buying and eating food away from home. “Portion distortion” has contributed to our expanding waistlines.

Not only do we need to learn about sensible portion sizes, we also need to know which foods are essential. For good health, we need to include lean meat/protein alternatives, whole grains, low fat dairy, fruits, and vegetables. Don’t know where to start? You can determine the number of servings you need of these essential foods, and what a recommended serving size is for each food group, at http://www.choosemyplate.gov/tools-supertracker

How Much Is Too Much? Here are several ways to help you become savvy about sensible serving sizes:

- Read the Nutrition Facts Panel (see hand-out in your packet) on the food label. Check out what is recommended as a “serving,” and attempt to consume that amount.
- Practice portioning out your food using actual measuring cups and utensils, based on the recommended serving sizes. (You might be surprised what ½ cup of ice cream really looks like…)
- Visually divide your lunch or dinner plate into 4 sections – strive to have 1/2 of your plate contain fruits/vegetables, 1/4 of the plate a protein food, and the remaining 1/4 a starchy food.
- You can also learn how to “guesstimate” a recommended serving size. Visual comparisons, like a deck of cards for meat, can be helpful. (More examples on this week’s hand-out.)

As you attempt to eat smaller portions, consider also downsizing your serving plates and utensils. A recent study uncovered that compared to plates, bowls and cups from the 1950’s, the eating utensils of today have grown much bigger. The larger your plate or cup, the more calories you are likely to consume. Use a luncheon or salad plate instead of an oversized dinner plate. Trade in your 12-16 ounce glass for a smaller 8-ounce version.

Your Goal This Week: Downsize your portions - eat the recommended serving sizes.

Get Moving Tip – The walking track upstairs in the Wellness and Recreation Center offers a great way to get a walk in, even if it’s cold outside. Whether you come over at lunch (employees are able to walk between 11:30-1:30 M-F) or during a break between classes, a brisk walk can energize you and burn calories. Be sure to mark down your activity on the Physical Activity Form. The minimum goal is 30 minutes per day – 8 days per week. 😊