

Small Changes to Portion Sizes

In the WE 2.0 project, we will focus on making small changes to eating that are:



Practical



Aligned with your values



Feasible



Sustainable

But first, let's discuss **PORTION DISTORTION**

Over the past few decades, we have seen a gradual increase in portion size, leading us to eat more without realizing it.

Average size of a soda in 1980:
6.5 oz.



➔

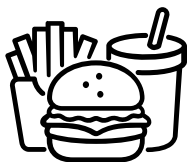


Average size of a soda today:
20 oz.

The **WHY** of portion distortion



An increase in the size of plates, bowls, and cups



“Value” pricing has made it easier to get a larger portion for just a few cents more



Many foods are packaged with multiple *portion sizes*

Portion Sizes vs. Serving Sizes

Portion size: The amount of food we choose to eat for a snack or meal. Can be big or small depending on what you choose.

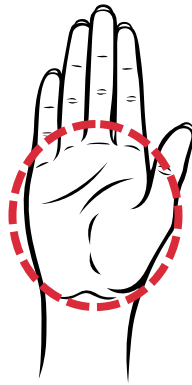
Serving size: A measured amount of food or drink. There can be multiple servings in a single portion.

HOW do I make small changes to portion size?

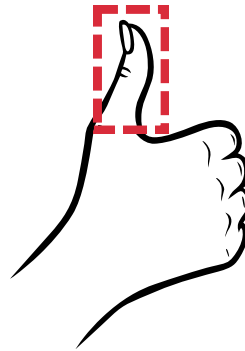
Awareness of portion distortion and serving sizes is a great place to start! Your hand can be a helpful tool in determining serving sizes for different types of food



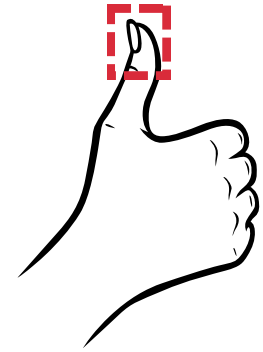
Fist = 1 cup
1 serving of
grains
(rice/pasta), fruits,
and vegetables



Palm = 3 oz
1 serving of
Meats, like fish,
poultry, red
meat



Thumb = 1 oz
1 serving of
peanut butter,
cheese

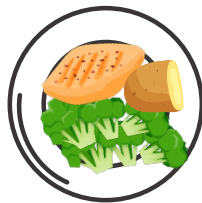
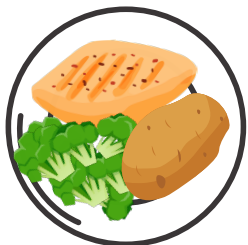


Thumb tip = 1 tsp
1 serving of
mayonnaise,
butter, sugar,
cooking oil

We also understand that **our eating habits are complex** and shaped by our external environment, as well as our inner thoughts and feelings. Because of this, the small changes this week are rooted in two key concepts:

Stimulus Control

We tend to behave in a predictable way in the presence of certain things. By changing these environmental **cues / prompts**, we can change our behavior.



For example:

When using a larger plate, we are likely to serve ourselves a larger portion

Mindfulness

By increasing **awareness** of our physical and emotional senses, we can enjoy the foods we love in a way that aligns with our values



For example:

Enjoying dessert with intention and a focus on the smell, texture, and taste makes it more likely that you will be satisfied with a single serving instead of needing more

WHAT do these small changes look like?

AT HOME



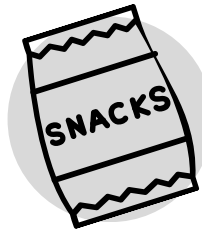
Try a smaller plate, bowl, or cup to cue smaller portions



Engage your senses to focus on what you are eating and truly enjoy it

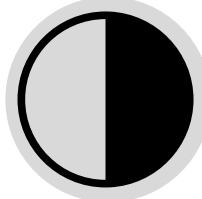


Eat slowly so your brain can tell when you become full



Divide large bags of snacks into single serving bags for a pre-portioned treat

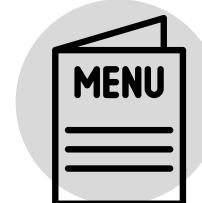
AT A RESTAURANT



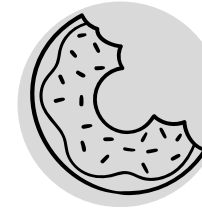
Split a meal with a loved one



Consider putting a portion of your meal in a to-go box before eating



Opt for an appetizer as your meal instead of an entree



Remind yourself that it's okay to leave a few bites on your plate

WHY make small changes to portion size?

NO PRE-PLANNING REQUIRED

DON'T REQUIRE AN OVERHAUL OF WHAT WE EAT

CAN BE MADE EVEN WHEN WE HAVE LITTLE CONTROL OVER WHAT WE EAT

ALLOW YOU TO ENJOY THE FOODS YOU LOVE IN MODERATION

What next?

- ★ **Chat with your group** to think of other strategies to make small changes to portion size
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- ★ Establish a new **SMART goal** for the week ahead focused on portion size
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- ★ Continue to **make a plan** and **monitor** your small changes to eating
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- ★ **Problem solve** when needed

Problem Solving

Experiencing challenges during your journey is completely normal *and* expected. In fact, it is likely that others are facing the same challenges.

Don't forget to support each other every week by:



Exploring what the challenges have come up for you



Brainstorming alternative solutions



Creating a positive action plan:

- Frame things in terms of what you will do instead of what you will avoid
- Reach out to those who can provide support and help you overcome challenges