

HOUSE CHAT WEEK 3

Small Changes to Eating Part 2: Rethinking Portions

Learning Objectives:

Participants will be able to:

1. Develop an understanding of how portion sizes have increased over time, and the difference between portion size and serving size.
2. Develop awareness of appropriate serving sizes for different foods.
3. Learn and practice evidence-based strategies for controlling portion sizes in various settings, such as at home and when dining out.
4. Understand the concept of stimulus control in the context of managing portion sizes and its impact on eating behaviors.
5. Learn and apply practical stimulus control strategies to create an environment that supports balanced portion choices.

I. Opening (10 minutes)

Group Check in +Support

“Hello everyone, welcome back to week 3! I hope you had a wonderful week trying out your small changes and making progress on your written goals. Let’s kick off today’s house chat by catching up on everyone’s week and hearing about the progress you’ve made thus far.

Prompt Questions:

- How did you incorporate the information or skills learned last week into your daily life or routines?
- Can you share a specific instance where you made a conscious decision about the nutritional value of what you were eating?
- Were there any particular challenges you faced in emphasizing nutritional quality, and how did you navigate them?
- How did you make sure that the commitment you chose aligns with what’s important to you? Did thinking about your values affect the specific change you decided to focus on for your eating this week?
- What factors contributed to or hindered your efforts in making changes to your eating habits?
- Based on your experiences, what adjustments, if any, do you plan to make moving forward to maintain a focus on nutritional quality?

II. Week 3 House chat Topic & Video (5-10 mins)

Title: Small Changes to Eating Part 2: Rethinking Portions

- Review Learning Objectives
- Play Session Content Video

Key Points

- Keeping an eye on portion sizes is important for maintaining a balanced diet.

- Being aware of serving sizes helps manage energy intake and ensures we get the nutrients we need.
- Different foods have different serving sizes to meet nutritional needs.
- For example, proteins and vegetables have recommended serving sizes based on their nutritional content.
- Being mindful of serving sizes contributes to a well-rounded and nutritionally balanced diet.
- Mindful eating (slowing down, enjoying, being intentional with choices) and can enhance our enjoyment of foods we choose and also help keep portion sizes in step with our goals.
- Did you know you can use your own hand to help estimate your portions and ensure they're aligned with the serving? (see participant handout for visual)
 - Fist = 1 cup or 1 serving of rice, pasta, fruit, veggies
 - Palm = 3 ounces or 1 serving of meat, fish, poultry
 - Thumb tip = 1 teaspoon or 1 serving of cooking oil, butter, mayo, sugar
 - Thumb = 1 ounce or 1 serving of peanut butter, cheese etc.
- Understanding how our surroundings affect eating habits is crucial.
- Knowing about stimulus control empowers individuals to shape their environment positively and can make it easier to make eating choices that are aligned with your personal goals.
- Using practical stimulus control strategies helps create an environment that supports making food choices.
- Recognizing the impact of surroundings on eating behavior is vital for portion control.
- Implementing strategies for stimulus control positively shapes the environment to encourage balanced food choices.

III. Group Activity: “Portions in Practice: Real-Life Choices” (15 mins)

Today, we're going to engage in a group activity called 'Portions in Practice: Real-Life Choices.' The goal is to explore how different scenarios influence our portion choices and brainstorm practical strategies for maintaining balanced portion sizes. Here's how it works.

- We'll focus on five scenarios: Movie Night, Dining Out, Working Late, Couch and TV Time, and Social Gathering with Potluck.
- I'll present each scenario, and we'll take a minute to discuss in pairs or small groups how the given environment may influence portion choices.

Scenario 1: Movie Night at Home

Enjoying a movie night at home, the smell of buttered popcorn fills the room. How might this aroma impact your portion choices, and what can you do to maintain balanced portion sizes for a movie snack night?

Scenario 2: Dining Out with Friends

Dining at a restaurant with friends, the menu offers a variety of tasty options. Discuss how the restaurant environment influences your eating choices and portions. What strategies can you use to make portion-conscious selections without feeling deprived?

Scenario 3: Working Late at the Office

During a late night at work, the office environment may have snacks or vending machines. How does this setting impact your portion choices, and what practical strategies can you use to control portion sizes while working late?

Scenario 4: Couch and TV Time

Relaxing on the couch and watching your favorite TV show, consider how the comfort of your surroundings might influence your snacking choices. How can you create an environment that supports balanced portion sizes during TV time?

Scenario 5: Social Gathering with Potluck

Attending a social gathering with a potluck, where everyone brings a dish. The variety of foods can be overwhelming. Discuss how the social setting affects your portion choices and brainstorm practical strategies to navigate potluck situations while focusing on balanced portion sizes.

V. Group Discussion and Activities (20 minutes)

Discussion Questions:

1. How is understanding portion sizes important for our well-being?
2. What serving sizes are you familiar with for your favorite foods, and how do they influence your choices?
3. What methods can you use to manage your food intake, whether you're at home or out?
4. How do you describe the idea of stimulus control in relation to managing portion sizes?
5. Have you observed that your location affects your eating habits? How do our surroundings shape our food decisions?

V. Closing (10 minutes)

A. Summary

- Summarize the key points discussed regarding portion control, mindful eating, stimulus control

- Focus on understanding appropriate portion sizes for a balanced diet.
- Prioritize mindful eating to enhance awareness during meals.
- Strive for practical and flexible adjustments rather than strict rules.
- Encourage paying attention to hunger cues and savoring the eating experience.
- Recognize the impact of surroundings on eating behaviors.
- Implement practical stimulus control strategies to shape positive environments.

- Emphasize the practicality and flexibility of these changes.

- Highlight that making positive changes doesn't require extreme measures.
- Emphasize the practicality of incorporating small adjustments into daily life → "Small adjustments represent the daily habits that lead to success."

B. Closing Activity: "Commitment Circle and Share a Little Win Activity"

- Take a moment to reflect on today's discussions about portion control, mindful eating, and stimulus control.

- Identify one or two adjustments in your eating habits that connect with you and align with the insights shared on portion control.
- Commitment Statement: Write down a commitment statement using language like "I commit to..." and specify the small changes you plan to incorporate into your daily routine.
- Share a Little Win→ In the circle, share one small change you've made or plan to make for a balanced lifestyle. Explain why you chose this change and how it fits into your daily routine.

Next Week Prep:

- Come prepared to talk about the progress you've made with your commitments next week, and always remember, this is a supportive environment where you can go at your own

C. Q&A/ Appreciation and Encouragement:

- Express appreciation for participants' commitment to the learning process and encourage their continued active involvement in the house chats.
"It was so great to see each of you. I look forward to seeing you next week, please remember to participate in your walking groups."