

Nut Talk: What are the correct Food Portions?

OBJECTIVE:

The purpose of this week's Nutrition talk is to enlighten the students about portion control and how it affects your diet. Obesity is an epidemic in the US, which is caused by the lack of exercise and eating too much. It is a severe public health crisis that has worsened over the years, due to the increasing portion sizes of foods. For example, McDonald in 1955 only provided 1 size french fries (2.4 oz), but now the largest size of french fries is over double the amount (5.9 oz). This activity is to promote our healthy aggies to be mindful of portion sizes and learn tricks/tips to prevent overeating.

MATERIALS:

- Wheel with questions
- Printed pictures of portion sizes (answers)

SET-UP:

- Place the 12 questions/ 6 slips of paper on the wheel.
- Place the hand signal printed images in the front.

ACTIVITY:

There will be 12 questions on the wheel. Question 1-6 will be answering the question, guessing the amount of nutrient required daily. Question 7-12 will be matching portion size of a food to a printed hand signal.

QUESTIONS AND ANSWERS:

1. How many grams is in one sugar packet?
 - 4 grams of sugar=1 teaspoon
2. What is the DV for protein?
 - 56 grams for average sedentary man= $\frac{1}{4}$ cup
 - 46 grams for average sedentary woman=less than $\frac{1}{4}$ cup
3. What is the DV for carbohydrates?
 - 300 grams=1 cup
4. What is the DV for fat?
 - Total fat=65 g= $\frac{1}{3}$ cup
5. How many pieces of fruit is equivalent to one serving and how many servings do you need a day?
 - 1 small apple=1 serving
 - $\frac{1}{2}$ cup of berries=1 serving
 - 1 banana=1 serving
6. How many servings of dairy should you have?
 - 2-3 servings of dairy
 - 1 cup of milk, 1 cup yogurt, 2 oz cheese=1 serving

7. Point to the picture of how much **1 serving of rice, pasta, fruit, veggies** is.
 - Picture A: fist, 1 cup
8. Point to the picture of how much **1 serving of meat, fish, poultry** is.
 - Picture B: palm, 3 ounces
9. Point to the picture of how much **1 serving of nuts and raisin** is.
 - Picture C: handful, 1 ounce
10. Point to the picture of how much **1 serving of chip, popcorn, pretzels** is.
 - Picture D: 2 handfuls, 1 ounce
11. Point to the picture of how much **1 serving of peanut butter, hard cheese** is.
 - Picture E: thumb, 1ounce
12. Point to the picture of how much **1 serving of cooking oil, butter, sugar** is.
 - Picture F: thumb tip, 1 teaspoon

PRIZE SYSTEM: Anyone who comes to the table and actively participates

ADDITIONAL INFORMATION:

Facts about obesity epidemics

- 38 % of US adults are obese
- 17% of teenagers are obese
- Obesity is defined as having a body mass index (BMI) above 30
- People who are obese have higher rates of heart disease, diabetes, cancer, arthritis, and Alzheimer.

<http://www.nbcnews.com/health/health-news/america-s-obesity-epidemic-hits-new-high-n58725>

1

Facts about how diet influences obesity

- Low fat and high carbohydrate diet (white rice and pasta) causes weight gain, diabetes, and heart disease.
 - Consumption of unhealthy fats, such as butter and canola oil lead to weight gain
 - Consumption of healthy monounsaturated and polyunsaturated fats, such as olive oil or avocado is not.
- High protein diet tends to be low in carbohydrate and high in fat, which can control weight gain.
 - Protein helps you feel fuller (nuts, beans, fish, or poultry)
 - Takes more energy to metabolize and store protein, and increase calorie burn.
 - Build lean muscle, which can boost energy burn during exercise.
- Heart Healthy carbohydrates, such as whole wheat bread, brown rice, and barley can keep insulin levels low and increase satiety.
 - Empty carbohydrates, such as white rice, pasta, potato, and breakfast cereal have high glycemic index and cause increase in blood sugar.
 - People who eat milled and refined grains tend to over-eat and increase risk of weight gain.
 - Fruits and vegetables are also considered healthy carbs.

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/diet-and-weight/>

Tips on how to control portion sizes

- Use a smaller plate, trick you to eat less
- Take around 20 minutes to eat a meal, take smaller bites, and chew thoroughly
- Eat 5 smaller meals than 3 large meals, will help regulate blood sugar.
- Drink water, trick you to feel full, dehydration will increase hunger
- Increase intake of soup and salad, high in fiber and curb appetite.
- Incorporate cheat treats, don't deprive of yourself! You might over indulge the next round. (ex: chocolate, ½ cup of ice cream)
- When eating out, split meal with a friend, order half size, or order an appetizer.
- Get at least 7 hours of sleep every night, avoid the afternoon slump that will cause unhealthy snacking.

<https://www.bodybuilding.com/fun/10-tips-for-perfect-portion-control.htm>