



Whisking your way to Health

Lesson 4 - Portion sizes

Objectives	Learning Method
<ul style="list-style-type: none"><input type="radio"/> Identify the correct portion size for food they commonly eat<input type="radio"/> Use common household items to determine portion size<input type="radio"/> Using their own table ware know what a serving looks like<input type="radio"/> Use portion size, the exchange list and food labels to plan meals	<ul style="list-style-type: none"><input type="radio"/> Lecture and Handout Carb Counter Booklet and Fast Food Guide<input type="radio"/> Serve pasta, rice, beans and cereal in table ware from home and measure portion size
Handouts	
<ul style="list-style-type: none"><input type="radio"/> Sizing it up	<ul style="list-style-type: none"><input type="radio"/> Placemat template
Activities	
<ul style="list-style-type: none"><input type="radio"/> Review the meal plans and assist as necessary to fit the participants meal plan<input type="radio"/> Have measuring cups and foods to measure (cooked rice, beans and pasta and cereal) let the participant place servings on their plates and then measure them to determine portion sizes.<input type="radio"/> Participants will complete the place mat worksheet and glue them to a 12 x 18 inch sheet of colored paper, (to be laminated)	

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Food Preparation		
Item	Comments	Groceries
<input type="radio"/> Vegetable Lasagna		No cook lasagna noodles, 2 small zucchini, 2 small summer squash, 1 medium onion, 2 stalks celery, 4 cloves garlic, Olive oil, 2 - 15 ounce cans tomato sauce, 15 ounce ricotta cheese (low fat), 8 ounces shredded mozzarella cheese, Parmesan cheese
<input type="radio"/> Garlic Bread		Garlic, margarine, French bread
<input type="radio"/> Cherry berry cobbler		Flour, pitted Bing cherries (15 ounce can), 1 (14 ounce bag frozen mixed berries), 1 /2 (15 ounce) package of refrigerated pie crust,

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<ul style="list-style-type: none"> <input type="radio"/> Salad with Raspberry Walnut vinaigrette <input type="radio"/> Lemonade 		<p>almond extract, orange rind, $\frac{1}{2}$ cup margarine, Splenda, Pam cooking spray</p> <p>Leaf lettuce, tomatoes, cucumber, celery, carrots, Low calorie salad dressing</p> <p>Real lemon juice, Splenda, and lemon</p>		
<p>Cooking Utensils</p> <ul style="list-style-type: none"> <input type="radio"/> Knives (paring, bread and Chef) <input type="radio"/> Dry & Liquid measuring cup & spoons <input type="radio"/> Can opener <input type="radio"/> Cutting board <input type="radio"/> Salad bowl 				
<p>Cooking Plan</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Group 1</p> <ul style="list-style-type: none"> <input type="radio"/> Prepare Vegetable lasagna <input type="radio"/> Prepare bread </td> <td style="width: 50%; vertical-align: top;"> <p>Group 2</p> <ul style="list-style-type: none"> <input type="radio"/> Prepare cobbler <input type="radio"/> Prepare salad </td> </tr> </table>			<p>Group 1</p> <ul style="list-style-type: none"> <input type="radio"/> Prepare Vegetable lasagna <input type="radio"/> Prepare bread 	<p>Group 2</p> <ul style="list-style-type: none"> <input type="radio"/> Prepare cobbler <input type="radio"/> Prepare salad
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<p>Set Goal</p>				

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Homework

- Plan 2 days of balanced meals

Cherry berry Cobbler

- 1 1/3 cup sugar (Splenda)
- 1/2 cup all purpose flour
- 1/2 cup margarine melted
- 1/2 tsp grated orange rind
- 1/2 teaspoon almond extract
- 1 (15 ounce) pitted Bing Cherries, undrained
- 1 (14 ounce) bag frozen mixed berries thawed and undrained
- 1/2 package (15 ounce) refrigerated pie crust

Stir together the first 5 ingredients in a large bowl. Gently stir cherries and berries into the mixture. Spoon into a lightly greased 11x 7 inch baking dish.

Cut pie crust into 1/2 inch wide strips and make a lattice design over the fruit mixture.

Bake at 425 degrees for 45 minutes or until crust is golden brown and center is bubbly.

Vegetable Lasagna

- 2 small zucchini sliced lengthwise
- 2 small summer squash sliced lengthwise
- 1 medium onion sliced
- 4 cloves garlic, minced
- 2 stalks celery sliced

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Cass, Simmons

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2 Tablespoons olive oil

Sauté for 5 minutes

Add 2 – 15 ounces Tomato Sauce and salt and pepper – simmer

Cook lasagna noodles

Layer vegetables with noodles, ricotta and mozzarella cheese

End with tomato sauce mozzarella and Parmesan cheese

Bake at 350 degrees for 20 to 25 minutes

Garlic Bread

½ cup butter softened

4 cloves garlic minced

1 ½ Tablespoon minced parsley

1 loaf French Bread halved lengthwise

In a small bowl, combine the butter, parsley and the garlic.

Spread on the cut halves of the bread.

Place on a baking sheet.

Bake at 375 degrees for 8 minutes

Broil for 2 minutes until brown

Slice to serve

Shopping List



Lesson 4

Lasagna noodles*	1 box	\$1.39
Garlic	1 bulb	\$1.00
Zucchini	2 small	\$1.49
Summer Squash	2 small	\$1.49
Onion	1 bag	\$1.99
Tomato sauce*	15 ounce - 2	\$1.52
Ricotta cheese low fat	15 ounces	\$2.00
Mozzarella cheese	8 ounces	\$2.17
French bread	1 loaf	\$1.00
Bing Cherries Lite*	16 ounces	\$3.95
Frozen mixed berries	16 ounces	\$2.30
Pie crust	1 package	\$2.19
Orange	1 medium	\$0.50
Raspberry walnut vinegrette	1 bottle	\$2.00
Lettuce, red and green leaf	2 bunches	\$2.80
Tomatoes	2 medium	\$1.49
Cucumber	1	\$1.00
	Total	\$30.28

*Items in staples - Total less these items \$22.42

Staples

Parmesan Cheese	1 can	\$2.98
Margarine	1 box	\$0.99
Flour	1 small bag	\$1.79
Pam cooking Spray	1 can	\$2.69
	Total	\$8.45

Lesson 4 Portion Control Pre-test - Post test

1. One serving of pasta is _____ cup(s)
The portion on my plate is _____ cup(s)
2. One serving of rice is _____ cup(s)
The portion on my plate is _____ cup(s)
3. One serving of beans is _____ cup(s)
The portion on my plate is _____ cup(s)
4. In your bowl place 1/2 cup of cereal
The portion in my bowl is _____ cup(s)
In your bowl place 3/4 c up of cereal
The portion in my bowl is _____ cup(s)
5. Pour 4 ounces of liquid in your glass
The portion in my glass is _____ ounces

My goal this past week was _____


I met it _____ all the time _____ most time
_____ some times _____ did not work on it

My goal for next week: I will _____

How much _____



How often _____

When _____






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A cooking program for people with diabetes








Portion Size

Portion Size


When did **BIGGER** is better start?


Why the larger size?

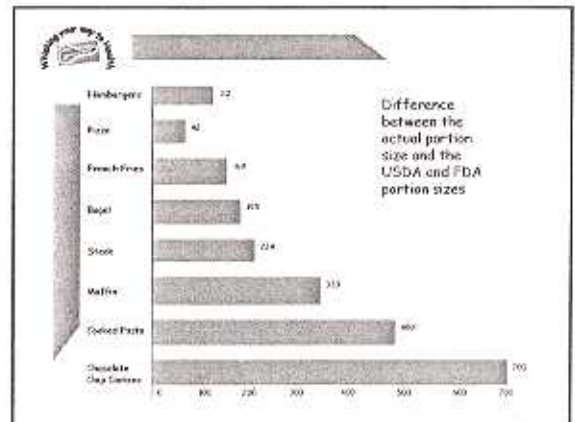
- ☐ Larger sizes are selling point
- ☐ Restaurants are using larger dinner plates
- ☐ Bakers are using larger muffin tins
- ☐ Pizzerias are using larger pans
- ☐ Fast food companies are using larger French fry and drink containers


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- ☐ Makers of diet meals such as *Weight Watchers* and *Lean Cuisine* advertise larger meal sizes
- ☐ Larger sizes are promoted on the menu
- ☐ Identical recipes for cookies and cakes in classic cookbooks now indicate fewer servings but the same amount of ingredients
- ☐ Automobile manufacturers are making drink holders larger

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Stay Young **Portion Distortion**

100 Years of Progress
100 Years of Progress
100 Years of Progress



National Heart, Lung, and Blood Institute
Obesity Education Initiative



BAGEL


20 Years Ago	Today
	
140 calories 3-inch diameter	? How many calories are in this bagel?

BAGEL

20 Years Ago	Today
	
140 calories 3-inch diameter	350 calories 6-inch diameter

Calorie Difference: 210 calories


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



? How long will you have to rake leaves in order to burn the extra 210 calories?

*Based on 150-pound person



Calories In = Calories Out





If you rake the leaves for 30 minutes you will burn the extra 210 calories.*

*Based on 150-pound person

CHEESEBURGER

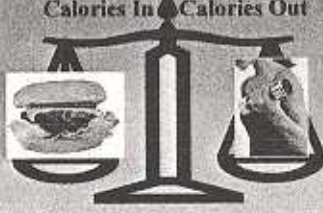
20 Years Ago	Today
	
333 calories	? How many calories are in today's cheeseburger?

CHEESEBURGER

20 Years Ago	Today
	
333 calories	590 calories

Calorie Difference: 257 calories


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



? How long will you have to lift weights in order to burn the extra 257 calories?*

*Based on 150-pound person



Calories In = Calories Out



? If you lift weights for 1 hour and 30 minutes, you will burn approximately 257 calories.*



*Based on 150-pound person

SPAGHETTI AND MEATBALLS

20 Years Ago	Today
	
500 calories 1 cup spaghetti with sauce and 3 small meatballs	?


? How many calories do you think are in today's portion of spaghetti and meatballs?

SPAGHETTI AND MEATBALLS

20 Years Ago	Today
	
500 calories 1 cup spaghetti with sauce and 3 small meatballs	1,025 calories 2 cups of pasta with sauce and 3 large meatballs

Calorie Difference: 525 calories


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



? How long will you have to houseclean in order to burn the extra 525 calories?*

*Based on 150-pound person



Calories In = Calories Out





If you hike/lean for 2 hours and 35 minutes you will burn approximately 525 calories.*

*Based on 150-pound person

FRENCH FRIES


20 Years Ago	Today
	
210 Calories 2.4 ounces	? How many calories are in today's portion of fries?

FRENCH FRIES

20 Years Ago	Today
	
210 Calories 2.4 ounces	610 Calories 6.9 ounces

Calorie Difference: 400 Calories


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



? How long will you have to walk leisurely in order to burn those extra 400 calories?*

*Based on 160-pound person



Calories In = Calories Out





If you walk leisurely for 1 hour and 10 minutes you will burn approximately 400 calories.*

*Based on 160-pound person

SODA

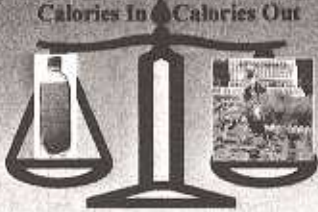
20 Years Ago	Today
	
85 Calories 6.5 ounces	? How many calories are in today's portion?

SODA

<p>20 Years Ago</p>  <p>85 Calories 6.5 ounces</p>	<p>Today</p>  <p>250 Calories 20 ounces</p>
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Calorie Difference: 165 Calories


Maintaining a Healthy Weight is a Balancing Act Calories In vs. Calories Out



? How long will you have to work in the garden to burn these extra calories?*

*Based on 160-pound person



Calories In = Calories Out




If you work in the garden for 35 minutes, you will burn approximately 165 calories.*

*Based on 160-pound person

TURKEY SANDWICH


<p>20 Years Ago</p>  <p>320 calories</p>	<p>Today</p>  <p>? How many calories are in today's turkey sandwich?</p>
---	--

TURKEY SANDWICH

<p>20 Years Ago</p>  <p>320 calories</p>	<p>Today</p>  <p>820 calories</p>
---	--

Calorie Difference: 500 calories


Maintaining a Healthy Weight is a Balancing Act Calories In vs. Calories Out



? How long will you have to ride a bike in order to burn these extra calories?*

*Based on 160-pound person



Calories In = Calories Out




If you ride a bike for 1 hour and 25 minutes, you will burn approximately 500 calories.*

*Based on 140-pound person

COFFEE


20 Years Ago	Today
Coffee (with whole milk and sugar)	Mocha Coffee (with steamed whole milk and mocha syrup)
	
45 calories 3 ounces	? How many calories are in today's coffee?

COFFEE

20 Years Ago	Today
Coffee (with whole milk and sugar)	Mocha Coffee (with steamed whole milk and mocha syrup)
	
45 calories 3 ounces	350 calories 16 ounces
Calorie Difference: 305 calories	

Maintaining a Healthy Weight is a Balancing Act


Calories In = Calories Out



? How many would you have to walk in order to burn these extra 305 calories?*

*Based on 130-pound person



Calories In = Calories Out





If you walk 1 hour and 20 minutes, you will burn approximately 305 calories.*

*Based on 130-pound person

MUFFIN

20 Years Ago	Today
	
210 calories 1.5 ounces	? How many calories are in today's muffin?


MUFFIN

20 Years Ago	Today
	
210 calories 1.5 ounces	500 calories 4 ounces

Calorie Difference: 290 calories

Maintaining a Healthy Weight is a Balancing Act


Calories In = Calories Out



How long will you have to walk in order to burn those extra 290 calories?*

*Based on 130-pound person



Calories In = Calories Out



How long will you have to walk in order to burn those extra 290 calories?*



*Based on 130-pound person

PEPPERONI PIZZA

20 Years Ago	Today
	
500 calories	?

How many calories are in two large slices of today's pizza?


PEPPERONI PIZZA

20 Years Ago	Today
	
500 calories	850 calories

Calorie Difference: 350 calories

Maintaining a Healthy Weight is a Balancing Act


Calories In = Calories Out



How long will you have to play and/or* while walking and carrying your child in order to burn those extra 350 calories?*

*Based on 130-pound person



Calories In = Calories Out





If you play golf to hike walking and carrying your clubs for 1 hour, you will burn approximately 450 calories.*

*Based on 160-pound person

CHICKEN CAESAR SALAD

20 Years Ago	Today
	
390 calories 1 1/2 cups	How many calories are in today's chicken Caesar salad?


CHICKEN CAESAR SALAD

20 Years Ago	Today
	
390 calories 1 1/2 cups	790 calories 3 1/2 cups

Calorie Difference: 400 calories

Maintaining a Healthy Weight is a Balancing Act


Calories In = Calories Out



How many will you have to walk the dog in order to burn those extra 400 calories?*

*Based on 160-pound person



Calories In = Calories Out





If you walk the dog for 1 hour and 20 minutes, you will burn approximately 400 calories.*

*Based on 160-pound person

POPCORN


20 Years Ago	Today
	
270 calories 5 cups	How many calories are in today's large popcorn?

POPCORN

20 Years Ago	Today
	
270 calories 5 cups	630 calories 11 cups

Calorie Difference: 360 calories


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



How long will you have to do water aerobics to make up for the extra 360 calories? *

*Based on 160-pound person



Calories In = Calories Out





If you do water aerobics for 1 hour and 15 minutes you will burn approximately 300 calories. *

*Based on 160-pound person

CHEESECAKE

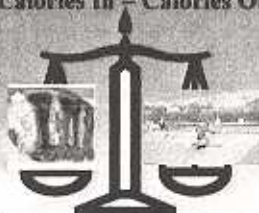
20 Years Ago	Today
	
260 calories 3 ounces	How many calories are in today's large portion of cheesecake?

CHEESECAKE

20 Years Ago	Today
	
260 calories 3 ounces	640 calories 7 ounces

Calorie Difference: 380 calories


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



How long will you have to play tennis in order to burn those extra 380 calories? *

*Based on 160-pound person



Calories In = Calories Out





If you play tennis for 55 minutes you will burn approximately 350 calories.*

*Based on 130-pound person

CHOCOLATE CHIP COOKIE

20 Years Ago	Today
	
55 calories 1.5 inch diameter	? How many calories are in today's large cookie?


CHOCOLATE CHIP COOKIE

20 Years Ago	Today
	
55 calories 1.5 inch diameter	275 calories 3.5 inch diameter

Calorie Difference: 220 calories

Maintaining a Healthy Weight is a Balancing Act


Calories In = Calories Out



How many calories will you have to wash the car to burn these 220 calories?*

*Based on 130-pound person

Calories In = Calories Out




If you wash the car for 1 hour and 15 minutes you will burn approximately 220 calories.*

*Based on 130-pound person

CHICKEN STIR FRY

20 Years Ago	Today
	
435 calories 2 cups	? How many calories are in today's chicken stir fry?


CHICKEN STIR FRY

<p>20 Years Ago</p>  <p>435 calories 2 cups</p>	<p>Today</p>  <p>865 calories 4 1/2 cups</p>
--	---

Calorie Difference: 430 calories

Maintaining a Healthy Weight is a Balancing Act


Calories In = Calories Out



? How long will you have to do aerobic dance to burn those extra 430 calories?

*Based on 150-pound person

Calories In = Calories Out



If you do aerobic dance for 1 hour and 5 minutes, you will burn approximately 430 calories.*

*Based on 150-pound person



Whisking your way to Health

A cooking program for people with diabetes

Welcome to class four.
How has your week been/
Have you made any changes in your meals?



Portion Size



Today we are going to talk about portion sizes.



Portion Size

When did **BIGGER** is better start?



When did bigger is better start?
According to an article in the American Journal of Public Health this change in portion size started in the 70's. Portion size increased sharply in the 80's.
Today's burgers, fries and drinks are two to five times larger than those of the early 70's.



Why the larger size?

- Larger sizes are selling point
- Restaurants are using larger dinner plates
- Bakers are using larger muffin tins
- Pizzerias are using larger pans
- Fast food companies are using larger French fry and drink containers

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Why the larger size?

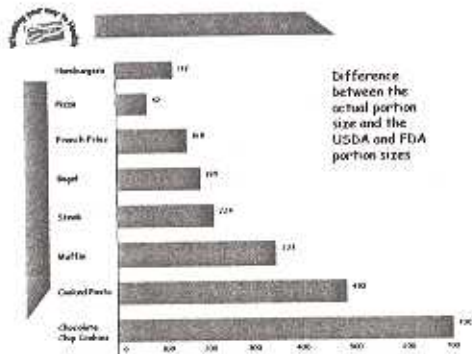
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- Makers of diet meals such as *Weight Watchers* and *Lean Cuisine* advertise larger meal sizes
- Larger sizes are promoted on the menu
- Identical recipes for cookies and cakes in classic cookbooks now indicate fewer servings but the same amount of ingredients
- Automobile manufacturers are making drink holders larger

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Overall the observations indicated that the portion sizes of virtually all food and beverages prepared for immediate consumption have increased and now appear typical.

U.S. Department of Health and Human Services

Stay Young at Heart

Portion Distortion

National Heart, Lung, and Blood Institute
Obesity Education Initiative

Let's look at some portions that have increased in size over time and the amount of exercise it would take to burn off the extra calories.

Show the remaining slides and let the group guess the calorie difference and the amount of exercise.



Lesson 4

Portion Size

- Identify correct portion size for foods you commonly eat
- Using common household items to help determine portion size
- Use portion size, the exchange list and food labels to plan meals
- Make an individualized Meal Planning Placemat



Let's Cook

- Vegetable Lasagna
- Salad
- Garlic Bread
- Cherry Berry Cobbler
- Iced tea

My healthy food goal for this week:

I will

Homework

- ❖ Continue to work on planning balanced meals
- ❖ Meet at HEB on I-45 and 646 a little before 10:00 AM next week



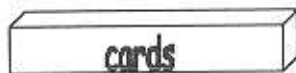
Sizing it up

Woman's fist or baseball

a serving of vegetables or fruit is about the size of your fist or a baseball



A rounded handful - about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or ½ cup of cooked rice or pasta - this is a good measure for a snack serving, such as chips or pretzels



Deck of cards - a serving of meat, fish or poultry or the palm of your hand (don't count your fingers!) pound hamburger patty or a medium pork chop

Golf ball or large egg
one quarter cup of dried fruit or nuts



Tennis ball - about one half cup of ice cream

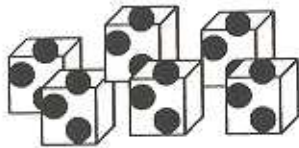
Computer mouse
about the size of a small baked potato





Compact disc - about the size of one serving of pancake or small waffle

Thumb tip
about one teaspoon
of peanut butter



Six dice - a serving of cheese

Check book
a serving of fish
(approximately 3 oz.)



Fats

Food	Amount	# Servings Fat
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____

Meals on the Go

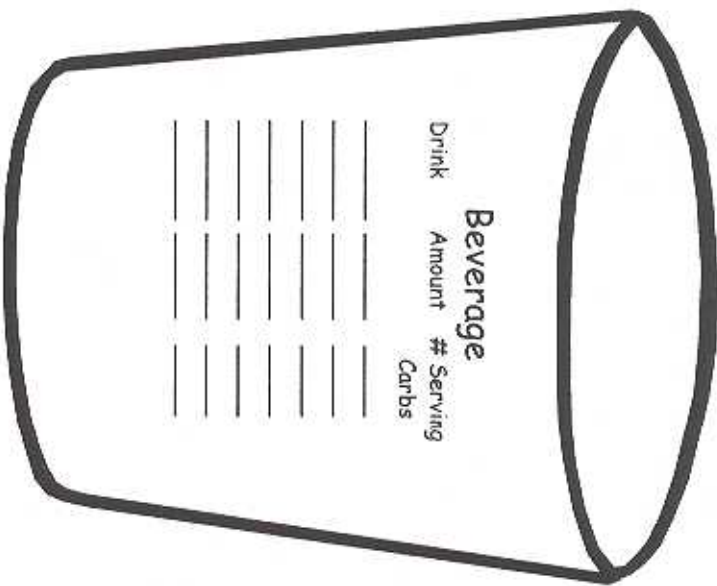
Food	Amount	# Servings Carbs	# Servings Fat
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____



Lesson 1, 2, 3 & 4 Placemat Activity

Carbohydrates

Food	Amount	# Servings Carbs

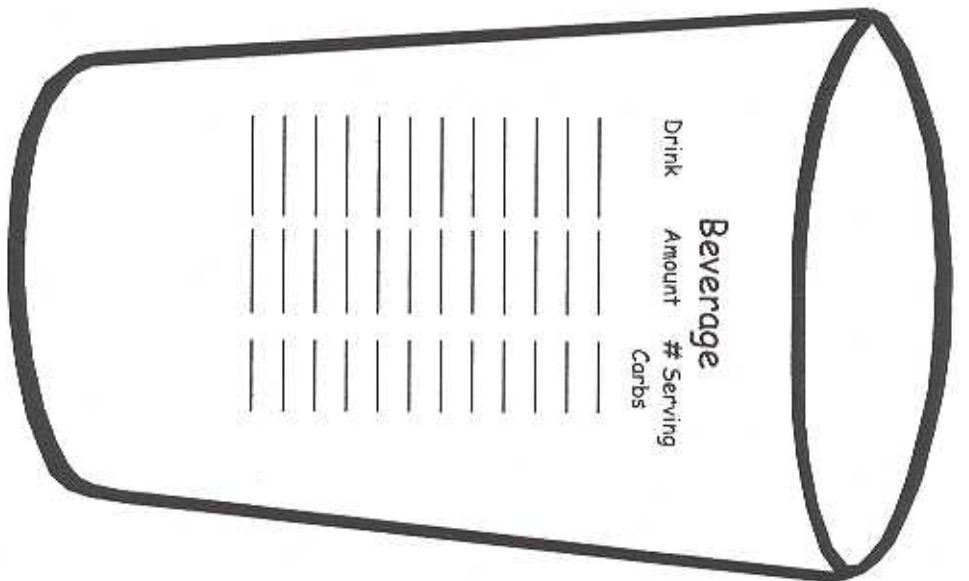


Protein

Food Amount # Servings

Snacks

Food	Amount	# Servings	Fat



Lesson 1, 2, 3 & 4 Placemat Activity

Carbohydrates

Food	Amount	# Servings Carbs
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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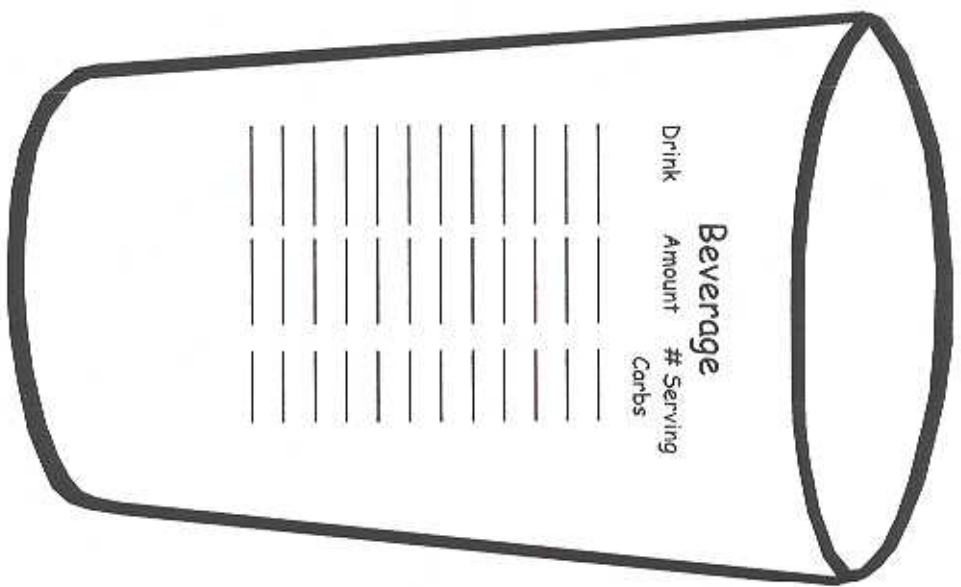
Fats

Food	Amount	# Servings Fat
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Breakfast

Non Starchy Vegetables

Food Amount Servings



Lesson 1 , 2, 3 & 4 Placemat Activity

My

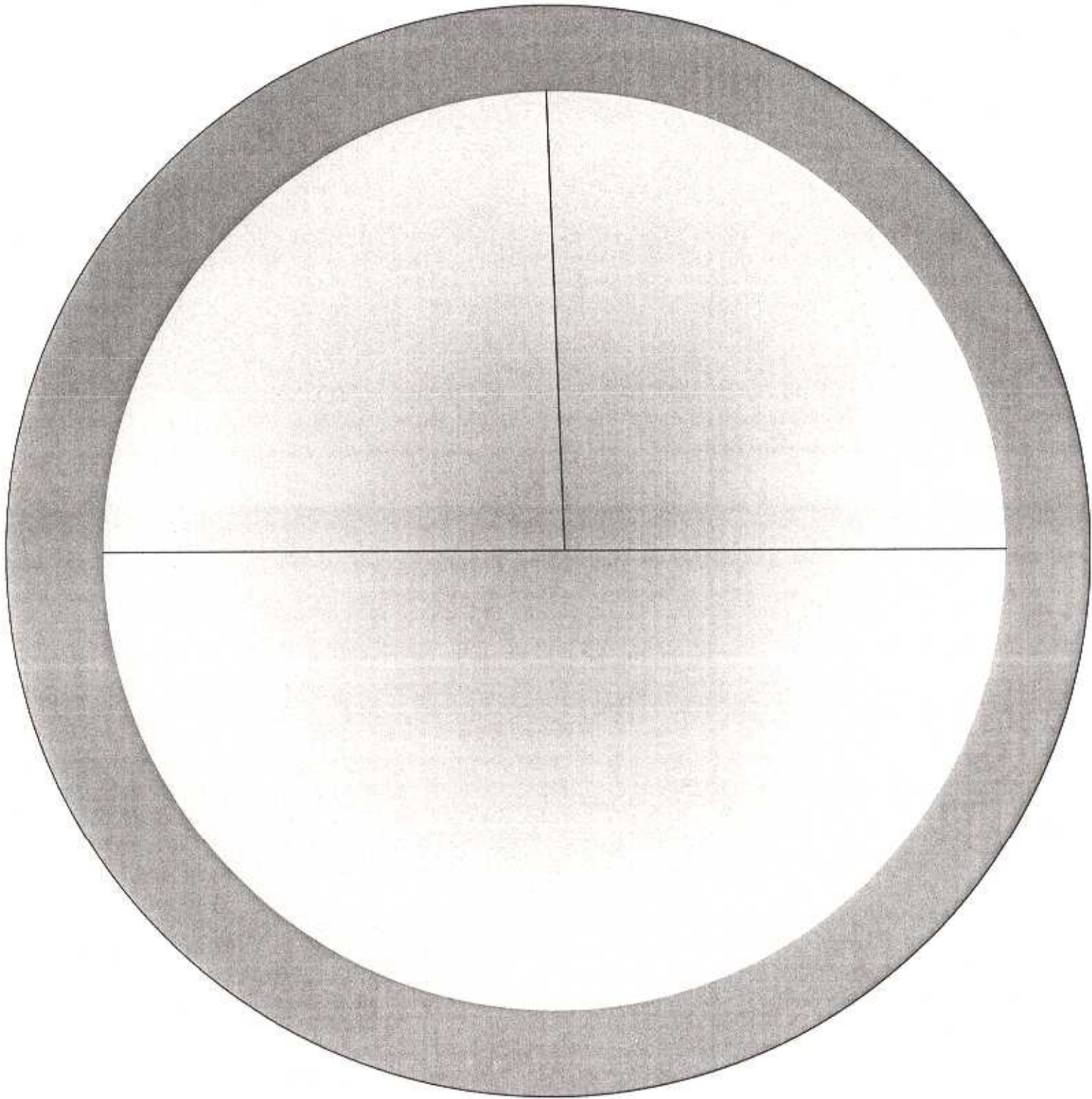
Calorie Meal Plan

Sweets and Desserts

Food	Amount	# Servings Carbs
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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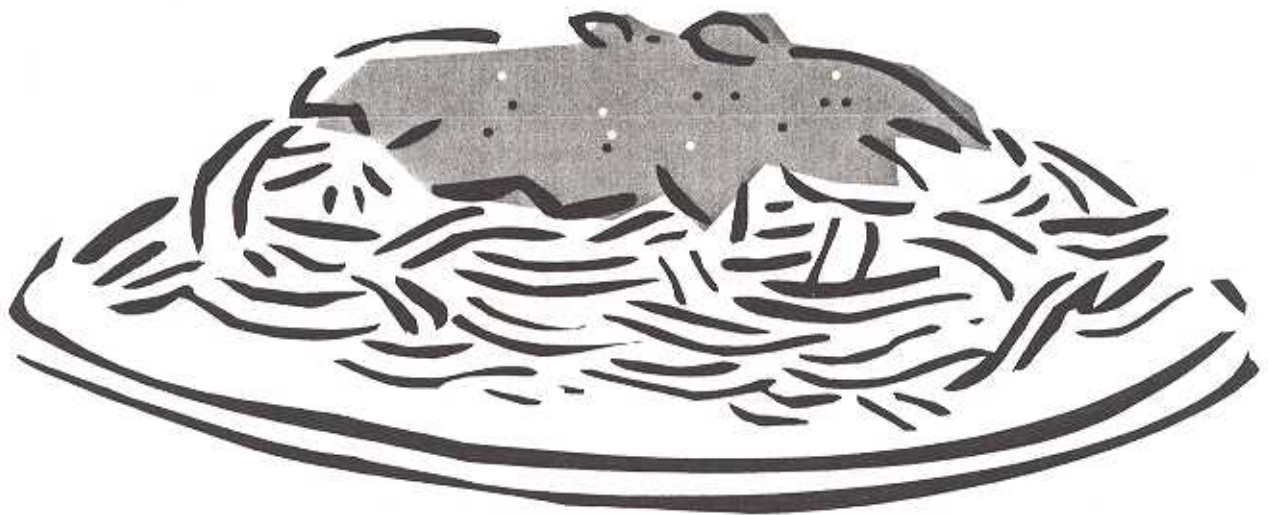
Protein

Food	Amount	# Servings
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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1

Place one serving of
spaghetti on your
plate



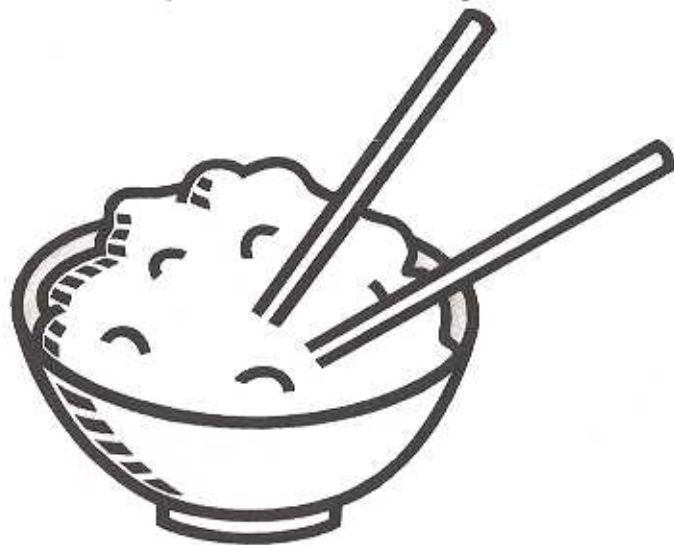
Measure the spaghetti on your plate

Answer the question on the test

Write down your portion amount

2

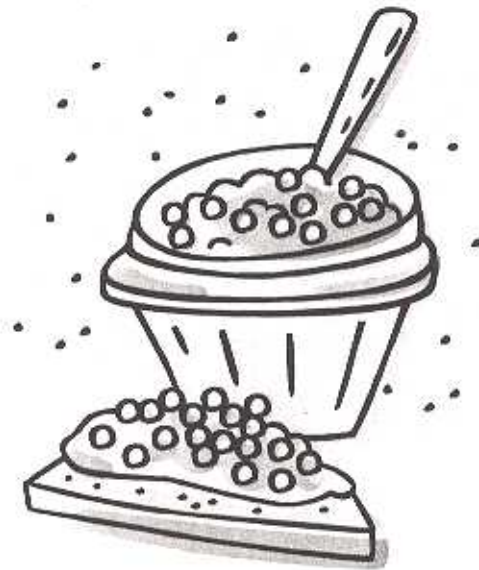
Place one serving of
Rice
on your plate



Measure the Rice on your plate
Answer the question on the test
Write down your portion amount

3

Place one serving of
Beans
on your plate



Measure the Beans on your plate
Answer the question on the test
Write down your portion amount

4

Place one serving of
Cereal
in your bowl



Measure the Cereal in your bowl

Write down your portion amount

5

Pour 4 ounces of
liquid into your glass



Measure the liquid in your glass

Write down your portion amount

Lesson 4

Cherry Berry Cobbler

- 1 cup sugar ($\frac{1}{2}$ cup Splenda and $\frac{1}{2}$ cup sugar)
- $\frac{1}{2}$ cup all purpose flour
- $\frac{1}{2}$ cup margarine melted
- $\frac{1}{2}$ tsp grated orange rind
- $\frac{1}{2}$ teaspoon almond extract
- 1 (15 ounce) pitted Bing Cherries, undrained
- 1 (14 ounce) bag frozen mixed berries thawed and undrained
- $\frac{1}{2}$ package (15 ounce) refrigerated pie crust

Stir together the first 5 ingredients in a large bowl. Gently stir cherries and berries into the mixture.

Spoon into a lightly greased 11x 7 inch baking dish.

Cut pie crust into $\frac{1}{2}$ inch wide strips and make a lattice design over the fruit mixture.

Bake at 425 degrees for 45 minutes or until crust is golden brown and center is bubbly.

Lesson 4

Garlic Bread

- ½ cup butter softened
- 4 cloves garlic minced
- 1 ½ Tablespoon minced parsley
- 1 loaf French Bread halved lengthwise

In a small bowl, combine the butter, parsley and the garlic.

Spread on the cut halves of the bread.

Place on a baking sheet.

Bake at 375 degrees for 8 minutes

Broil for 2 minutes until brown

Slice to serve

Lesson 4

VEGETABLE LASAGNA

- 2 Tbsp olive oil
- 1 large onion diced (1 $\frac{1}{4}$ cups)
- 2 large celery stalks, chopped
- 2 tsp minced garlic
- 2 15-oz cans low-sodium or regular tomato sauce
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 1 tsp dried thyme leaves
- 1 tsp dried oregano leaves
- $\frac{1}{2}$ tsp salt
- Pinch of ground black pepper
- 9 lasagna noodles
- 1 15-oz carton low-fat ricotta cheese
- 1 8-oz package shredded reduced-fat mozzarella cheese, divided
- $\frac{1}{4}$ cup grated Parmesan cheese

Lesson 4



Preheat the oven to 350 degrees.

In a medium pot over medium heat, combine the oil, onion, celery, and garlic. Cook over medium heat, stirring frequently, until the onion is softened, about 5 or 6 minutes.

Add the tomato sauce, zucchini, thyme, oregano, salt, and pepper. Bring to a boil. Reduce the heat, and simmer about 10 minutes or until the flavors begin to blend.

Spread a thick layer of sauce (about 1 $\frac{1}{2}$ cups) in the bottom of a 9 $\frac{1}{2}$ x 13-inch pan.

Arrange a layer of 3 noodles over the sauce. Top with $\frac{1}{2}$ the ricotta cheese, spreading it out evenly with the back of a spoon. Sprinkle with $\frac{1}{2}$ the mozzarella cheese. Add 1/3 of the remaining sauce.

Add another layer of 3 noodles, then the remaining ricotta, then the remaining mozzarella. Add 1/3 of the remaining sauce. Finish with a final layer of the noodles and the remaining sauce. Sprinkle with the Parmesan cheese.

Bake for 35 to 40 minutes until the top begins to brown. Let the lasagna stand for 5 minutes before cutting into 8 portions.

Serves 8

ENJOY!!!

