

PORTION SIZE



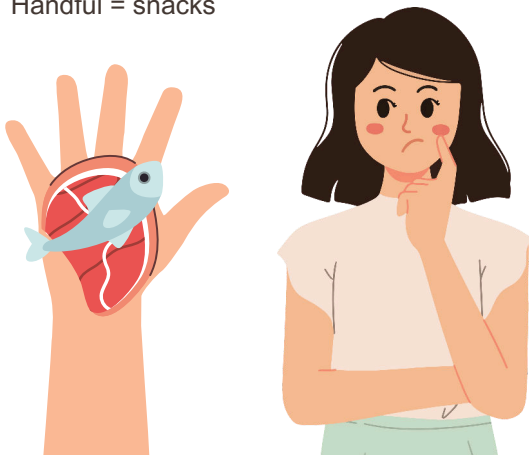
In recent years, our perception of what constitutes an appropriate portion size of a component of a meal has slowly been increasing. In fact, over the past 30 years portion sizes have been increasing, now two to five times larger than they were in previous decades. This increase has in many cases coincided with a reduction in activity levels of Australians, leading to increased weight gain across our society.

Increases in portion size can occur easily and subconsciously, leading to extra and often unnecessary kilojoules being consumed through our daily diet. After a short period of eating larger meal portions, the larger size becomes what we expect by way of food volume, even though our bodies do not require the additional energy.

A HELPING HAND WITH SERVING SIZE

An excellent way to moderate your serving size is to use your hand as a guide.

- Palm of hand = meats and seafoods
- Fist or cupped hand = 1 cup
- Handful = snacks



WHAT IS A PORTION SIZE?

Portion size refers to the amount of food you choose to plate up at meal times and consume. Ideally a portion size should be relative to your energy needs and guided by your life stage, nutritional requirements and exercise habits – however, this amount may be more or less than a serving.

WHAT IS A SERVING SIZE?

A serving size is a standardised amount of food controlled by the Australian Dietary Guidelines. A serving size is dependent on the nutritional properties of a food and the relative recommended consumption amount. A serve of different foods will have roughly the same amount of key nutrients and kilojoules, and also reflect the amount of that food that would commonly or conveniently be eaten – for example, one piece of whole fruit or one slice of bread.

WHY PORTION SIZE IS IMPORTANT

In the short-term an extra helping of food or a larger-than-necessary portion size will leave us feeling overfull with some associated digestive discomfort. When food is tasty, we tend to ignore our body's signals of hunger and satiety, however, particularly in regards to weight gain and associated health risks, regulating portion size in the long-run is important.

Consuming more calories than you expend day-to-day contributes to weight gain, due to increased stores of fat. Carrying excess weight or experiencing obesity consequently increases the risk of chronic disease, including cardiovascular disease (heart attack and stroke), diabetes and some cancers.

Being overweight or obese is also known to have impacts on: blood pressure, insulin resistance, blood cholesterol levels, mental illness and rates of depression, reproduction, lung function, general quality of life and all-causes of death.



PORTION CONTROL TIPS

- Increase your familiarity with serving sizes
- of different foods – use your hand size as a guide
- Learn to recognise when your body feels
- ‘peckish’ and ‘hungry’ compared to ‘full’ and ‘satisfied’
- Moderate the amount you serve as a portion size by selecting a smaller plate / bowl
- Eat your meal with a glass of water to slow consumption and help with satiation and digestion
- Serve meals onto plates as opposed to having all of the food available in the middle of the dining table
- Minimise distractions when eating; television, phones, etc.
- Portion up leftovers to freeze or eat for lunch the next day
- Avoid eating directly from the packet, instead portion up snacks into smaller, individual serves
- Be mindful of your own consumption speed – focus on how your food looks, tastes and smells as you eat it
- Keep yourself occupied in the evenings to limit snacking close to bedtime

SERVING UP A STANDARD SERVE!

VEGETABLES & LEGUMES

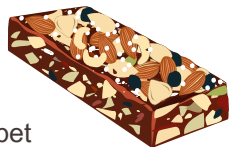


A standard serve is approximately 75g or:

- 1/2 cup cooked leafy greens (spinach, silver beet, broccoli, sprouts)
- 1/2 cup coloured veggies (cauliflower, pumpkin, beetroot, carrot, zucchini, sweetcorn, eggplant, capsicum, mushroom, potato, etc.)
- 1 cup raw leafy greens (kale, rocket, lettuce, etc.)
- 1/2 cup chickpeas, lentils, beans, peas

GRAINS

A standard serve is 500kJ or:



- 1 slice wholegrain bread / crumpet
- 1/2 cup cooked pasta, rice, noodles, barley, quinoa, polenta, oats
- 1/4 cup muesli
- 2/3 cup cereal flakes
- 1/2 cup cooked porridge

PROTEINS



A standard serve is 500-600kJ or:

- 65g cooked, lean red meat (beef, lamb, veal, pork, kangaroo, etc.)
- 80g cooked, lean poultry (chicken, turkey, etc.)
- 100g cooked fish fillet (salmon, tuna, etc.)
/ 1 can of tinned fish
- 30g nuts or seeds / 1 tbsp nut butter or tahini
- 170g tofu
- 2 eggs

DAIRY & ALTERNATIVES



A standard serve is 500-600kJ or:

- 1 cup milk cows', soy, rice, oat, nut, etc. (fresh or long life)
- 2 slices hard cheese / 1/2 cup ricotta or cottage cheese
- 3/4 cup yogurt

FRUIT



A standard serve is 150g or:

- 1/2 cup strawberries, blueberries, grapes, etc.
- 1 medium apple, pear, orange, banana, etc.
- 2 small apricots, kiwi fruit, plums, figs, etc.

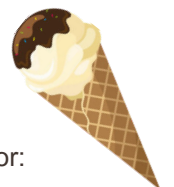
HEALTHY FATS



A standard serve is approximately 30g or:

- 1 Tbsp extra virgin olive, sunflower, canola, macadamia, coconut, flaxseed oil, etc.
- 1/4 medium avocado
- 30g (small handful) nuts or seeds (almonds, walnuts, Brazil nuts, cashews, etc.)
- 100g oily fish (salmon, tuna, etc.)
- 1 Tbsp tahini

OCCASIONAL EXTRAS



A standard serve is approximately 600kJ or:

- 2 scoops ice-cream
- 2-3 sweet biscuits
- 25g chocolate or 40g lollies
- 1 slice cake or small muffin
- 1 cup fruit juice (orange, apple, etc.)



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