# Controlling Your Portion Sizes in a SUPER-SIZE-IT World
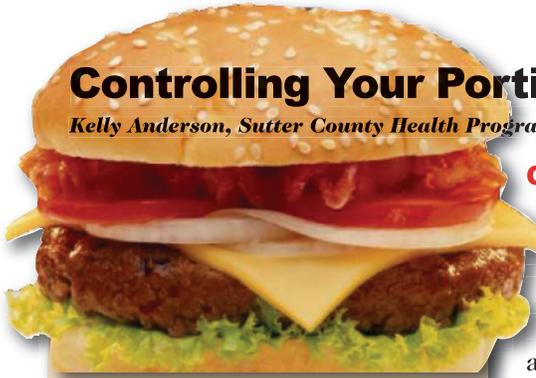
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*So what do these bigger portion sizes mean? Well for one, obviously, more calories! More calories mean excess calories and excess calories mean more weight! Look around and you will see why the Center for Disease Control says that 65% of adults are overweight. We eat too much and move too little. As our weights continue to climb, so do our health problems. Being overweight is linked to high blood pressure, Type 2 diabetes, heart disease, breast cancer, high cholesterol and sleep problems, just to name a few. Our children are becoming overweight at an alarming rate as well. In 1980, about 3 million of our kids were considered overweight. In the year 2000, about 9 million kids in the U.S. are considered overweight. That's a triplefold increase in just 20 years! That is one scary statistic. Our children are beginning to have the same kinds of problems adults have that are caused from being overweight such as high blood pressure and high cholesterol at very young ages. And to top it off, even our pets are overweight! About 25% of Fidos and Felixes have a weight problem!*

## Our Portion Sizes Have Gone Wild

When McDonald's opened its doors in 1955, the original fast food meal came in one size and contained 590 calories. Today, the average fast food meal is about 1350 calories. It's not only fast food portions that have gone wild, it's seen in all food types. From sodas to muffins to bagels to smoothies and coffee drinks, our food portions have grown exponentially in the last 20 years.

Historically, the number one cause of preventable deaths was tobacco related illnesses. We know now that obesity will soon surpass tobacco to become the number one cause of preventable illness. Another very scary statistic! So what should we do?

## Create Balance

So you had a Starbucks Grande Mocha and a blueberry scone. It doesn't seem like it would be a large amount calories, right? Well, you just pounded down 860 calories and 40 grams of fat! But it's not the end of the world. Create balance in your daily routine. At the next meal make up for your calorie collision by eating a salad with low fat dressing or by having extra fruits and vegetables. On your breaks or after work take a walk to help burn off those extra calories you took in today.

## Control Portion Sizes

Learn what a sensible portion is for each food group and use it your daily living. Controlling portions and not focusing on certain types of foods in our diets (such as carbohydrates) is one of the keys to healthy living. Learn more at:

http://www.cancer.org/docroot/PED/content/PED_3_2x_Portion_Control.asp
http://hin.nhlbi.nih.gov/portion/

## Make Sensible Food Choices

Everyone is going to eat things that are not so good for their bodies. But on most days, making sensible food choices such as low fat, high fiber foods can help us feel better, prevent disease and control our body weight. Whole grain breads, beans, lean meats, brown rice, low fat or fat free dairy products, whole fruits and vegetables are good place to start. Learn more at:

www.mypyramid.gov.
http://www.mypyramid.gov/pyramid/grains_tips.html
http://www.mypyramid.gov/pyramid/meat_tips.html
http://www.mypyramid.gov/pyramid/milk.html

## Move Your Body Everyday

The current recommendation for physical activity is a minimum of 30 minutes per day. That 30 minutes can be separated into three 10 minute segments if needed. The current recommendation for activity to maintain your weight is 60 minutes of activity and to lose weight the recommendation is 60-90 minutes. Don't let these recommendations overwhelm you! Some activity is ALWAYS better than none. You don't need to work out in a gym to be active. Walking is a wonderful way to get activity into your day. Park a little further from the store, walk during your breaks at work and walk to lunch if the weather permits! For more information, please visit:

http://www.mypyramid.gov/pyramid/physical_activity.html.