



Portion Control





Portion Distortion

No matter how healthily you eat, you can still put weight on if you're eating too much.

Food portion sizes are far bigger now than they were 30 years ago, which means we are consuming a lot more calories than we realise.

Do we know what makes a normal portion?

Regain some portion control with these five tips:

1. Eat with smaller plates and bowls. The average size dinner plate should be 9" is yours?
2. Eat slowly. It takes about 20 minutes for your stomach to tell you're full. When you eat fast, it's easy to overeat.
3. Turn off the TV. Eating in front of the TV can mean you eat more without noticing or enjoying your food.
4. Aim to feel satisfied, not stuffed.
5. Use the eatwell plate to help you get the balance right.

**Bigger
snacks
mean
bigger
slacks!**

20 Years Ago



500 calories
1 cup spaghetti with sauce
and 3 small meatballs

Today



1,025 calories
2 cups of pasta with sauce
and 3 large meatballs



Recipe Inspiration

The Change4Life Meal Mixer tool has over 120 easy, calorie – counted recipes for all your meals and snacks. You can download them and email yourself a shopping list of ingredients. nhs.uk/c4lrecipefinder





Portion Sizes

30 years ago

TODAY!

Bagel



3-inch diameter
140 calories



5-6-inch diameter
350 calories

Popcorn



5 cups
270 calories



Tub
630 calories

Beef burger



333 calories



590 calories

Fizzy drink



Original 8-ounce bottle
97 calories



20-ounce bottle
242 calories



Portion Control

Small changes, big benefits

Swap			For				Save				
Product	Calories	Fat	Sugar	Product	Calories	Fat	Sugar	Product	Calories	Fat	Sugar
Muller Fruit Corner Strawberry (150g)	168	5.7	22.4	Muller Light Strawberry Yoghurt (175g)	89.3	0.2	12.4		78.7	5.5	10
Macdonalds Big Mac	490	24	8	Macdonalds Hamburger	250	8	8		240	16	0
Macdonalds Large Fries	460	23	-	Macdonalds Small Fries	230	11	-		230	12	-
Macdonalds Strawberry Milkshake (Large)	380	7	62	Diet Coke (Large)	5	0	0		375	7	62
Tesco Whole Milk (200ml)	128	7.1	-	Tesco Skimmed Milk (200ml)	73	0.6	-		55	6.5	-
Pataks Mild Korma (100g)	169	14	-	Pataks Medium Rogan Josh (100g)	64	3.4	-		105	10.6	-
Cathedral City Mature Cheddar (100g)	416	34.9	-	Cathedral City Mature Lighter (100g)	311	21.8	-		105	13.1	-
Flora Original (10g)	40	4.5	-	Flora Light (10g)	28	3	-		12	1.5	-
McCoy's Salted (32g)	170	10.2	0.1	Snack a Jacks Crunchy Curlys - Sweet Chilli Kick (18g)	72	1.3	1.2		98	8.9	-1.1
Total	2421	1304	92.5		1122.3	49.3	21.6		1298.7	81.1	70.9



Portion Swap

We were all brought up to finish the food on our plates, but sometimes it's more than we really need. These days larger portion sizes are also more readily available, which does mean that it's very easy to eat too much.

It can also be easy to eat food that contains too much fat and sugar. So we can eat more calories than we need, without even realising we're doing it.

Try these tips to avoid accidentally eating too many calories - sticking to these simple changes will help you towards a healthy weight.

Top tips - ideas for smaller portions

Share packaged foods

Many foods and drinks are packaged for sharing, so if you're eating by yourself avoid temptation and save some for later. Put snacks in a bowl and put the rest away and you're likely to eat less.

Eat a little slower

It takes time for our brains to register we're full, so try to eat more slowly. If you're eating with friends or family try pacing yourself to the slowest eater.

Focus on your food

Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.

Aim to feel satisfied, not stuffed

Try eating just one plate of food and don't go back for seconds.

Super start your day

Don't be tempted to skip breakfast, even if you're trying to lose weight. If you have a healthy breakfast in the morning you're less likely to want to snack before lunch.

Mix and match

If you know you'll be having a proper dinner later, keep an eye on the calories by having a lighter lunch.

Pack it in

Plan ahead and try to take a packed lunch to work or when you are out and about. It can work out cheaper.

Spot the difference

Swap a big dinner plate for a smaller one and you'll have a smaller portion. It will also look as if you have more food on your plate too.

Max your pocket, not your drink!

Extra large whole milk lattes or cappuccinos may seem like value for money, but they also contain more calories. Try swapping for a regular size coffee made with lower fat milk – less calories (and it'll save you money).

Veg-tastic

Try filling up with fruit and vegetables instead of food that's high in fat or sugar. Aim for about one-third of your plate to be veg. Or swap 1 large meal for a smaller meal, with fruit for dessert.





Portion Swap

Top tips to get your 5 portions of fruit and veg a day

Open one

Canned fruit and veg count too. Choose canned fruit in unsweetened natural juice and vegetables in water.

Defrost one

Frozen fruit and veg count, it only takes a couple of minutes to microwave some frozen peas for your omelette.

Drink one

One 150ml glass of 100% unsweetened fruit or vegetable juice can count as a portion (but remember only 1 glass counts).

Sprinkle one

Try sprinkling pepper, onion, mushroom, sweetcorn or pineapple chunks on top of a thin-based pizza.

Breakfast one

Add fruit to cereal, porridge or lower fat yoghurt – a handful of berries or a chopped banana is lovely.

Lunch one

Add some crunch to your sandwiches with cucumber, grated carrot or tomato, and have a piece of fruit.

Pulse one

Add beans, lentils and pulses to stews, bakes and salads – remember, only 1 of your 5 A DAY can come from pulses.

Side-dish one

Have a salad or veg with your main meal. If it's roast dinner make sure you've got some carrots or broccoli on your plate.

Add one

For an easy way to your 5 A DAY, add canned, frozen or fresh veg to your meals to make them even tastier:

- Add chopped carrots to spag bol
- Add red peppers to a pasta sauce
- Mix peas into your mashed potato

Dip one

Dunk veg in lower fat dip, lower fat cheese spread or salsa - sticks of cucumber, peppers, carrots or even cauliflower are delicious.



An example of a day's eating plan based on a 1'500 calorie a day diet

		Food Groups						
Meals	For 1,500 calories	Portions		7		2		Up to 100kcal
		Fruit & Veg	Potatoes, rice, cereals, bread, pasta and other starch foods	Milk and dairy foods	Meat, fish, eggs, beans and other non-dairy sources of protein	Spreading fats, oils, dressings and sauces	Foods and drinks high in fat and/or sugar. Alcoholic drinks.	
Breakfast	Bran flakes	6 tablespoons						
	Semi-skimmed milk	200ml		2				
	Small fruit juice		1					
	Cup of tea, milk, no sugar							
Snack	Coffee, milk, no sugar							
	Apple		1					
Lunch	2 slices of bread			2				
	Low fat spread	2 teaspoons					1	
	Tinned tuna	140g				1		
	Mixed salad		1					
	Small sliced malt loaf			1				
Snack	Cup of tea, milk, no sugar							
	Glass of water							
Dinner	Rice (boiled)	4 large tablespoons		2				
	Small chicken breast (no skin)					1		
	Sauce made with olive oil, onions, tomato & mushrooms		1				1	
	Carrots		1					
	Broccoli		1					
	Peach		1					
	Glass of wine	125ml						100 calories
Total			7	7	2	2	2	100 calories

* Food Diary Activity – Using your week 1 food diary complete the portion breakdown columns from yesterday's diary.



Healthier Meal Ideas

Eating healthily doesn't necessarily mean spending ages preparing meals. Try these quick and easy ideas.

Breakfasts

- Wholemeal toast with low fat spread and reduced sugar jam
- High fibre cereal, e.g. Weetabix, Branflakes with low fat milk
- Fresh fruit, low fat yoghurt and toast
- Fruit plus bread roll with low fat spread
- Beans on toast
- Tinned tomatoes on toast
- Poached egg on toast
- "Grill up" scrambled egg, grilled tomatoes, mushrooms, low fat sausages, low fat bacon plus bread and low fat spread (but not every day!)
- Boiled egg with toast fingers
- Bagel with low fat cream cheese

Light Meals

- Tinned or homemade soup with crusty bread (check label on tinned soup as it can be high in salt and sugar)
- Beans, boiled egg on toast
- Sardines, pilchards on toast
- Sandwich; Bread roll, ½ baguette, crispbreads, crackers or bagel with:- Hard boiled egg, lean meat, poultry, tuna, low fat cheese, cottage cheese
Don't forget to add salad!
- Jacket Potato with Chilli, beans, low fat cheese, Cottage cheese or baked beans
- Pitta bread filled with:- lean ham and low fat coleslaw, tuna and sweetcorn with a little low fat mayonnaise, spicy chicken and salad, coronation chicken (low fat mayonnaise small quantities only)

Main Meals

- Lean mince, mashed potatoes and vegetables
- Lean meat casserole, boiled potatoes and vegetables
- French bread pizza with salad
- Grilled chop, jacket potato and vegetables
- Lean chicken breast (no skin), boiled potatoes and vegetables
- Grilled fish fingers, small portion of oven chips and baked beans
- Bolognese sauce, spaghetti and salad
- Lasagne and a large green salad - caution lasagne can be high in fat - choose low fat version
- Omelette with salad, bread roll and low fat spread
- Stir fry chicken breast and vegetables with noodles and soy sauce
- Chilli con carne with boiled rice
- Curry with boiled rice (add extra vegetables to the sauce such as mushrooms, peppers, courgettes, carrot, cauliflower)
- Salmon risotto with large mixed salad
- Pasta shapes with low fat bacon in tomato based sauce





Healthier Meal Ideas

Snack Ideas

The following snack ideas are relatively low in calories therefore could be used as snack foods when hungry.

- Fresh fruit
- Tinned fruit in natural juice
- Sugar free jelly
- Raw vegetables sticks with salsa dip
- Rich tea biscuits
- Slim a soups (be aware, can contain high salt)
- Low calorie hot chocolate
- Bread sticks
- Crispbreads
- Rice cakes
- Fruit salad in unsweetened orange juice
- Sugar free mousse made with skimmed milk
- Ritz crackers
- Plain ice lollies (or make your own with sugar free squash)

Higher Calorie Snacks

- Low fat crisps / quavers, wotsits
- Fun size chocolate bars
- Low fat ice cream
- Digestive biscuits
- Jaffa cakes
- Crumpets
- Toasted teacakes
- Toast
- Cup a soups

Please keep in mind that all snack foods will provide extra calories so don't over indulge.

Cooking Tips

Changing from high fat cooking ingredients to lower fat alternatives can cut the fat and calories in your meal thus helping you to lose weight.

- Drain away excess fat before serving food
- Choose low fat foods whenever possible
- Buy lean meat and trim the fat
- Try not to add any extra fat to meat
- Don't add butter to mashed potatoes, a splash of low fat milk should do
- Bake, grill or steam instead of frying
- Use Greek yoghurt instead of cream or crème fraiche, or try low fat yoghurt or fromage frais for an even lower alternative
- When stir frying use a non stick wok so you don't have to use much oil
- Try not to overcook vegetables, it can destroy the vitamins in them
- Don't use fat from meat to make gravy





Menu Planning: Save time in the Kitchen

Menu planning doesn't have to be complicated. A small investment of time can reap great rewards:

A menu plan saves money. Reducing trips to the supermarket, a menu plan reduces impulse spending. Using leftovers efficiently cuts food waste, while planned buying in bulk makes it easy to stockpile freezer meals at reduced prices.

A menu plan saves time. No dash to the neighbours for a missing ingredient, no frantic searches through the freezer for something, anything to thaw for dinner.

A menu plan improves nutrition. Without the daily dash to the supermarket, there's time to prepare side dishes and salads to complement the main dish, increasing the family's consumption of fruits and vegetables.

Follow these tips to put the power of menu and meal planning to work for you:

Menu Planning Basics

Here's the overview of the process:

- Scan the food ads for specials and sales. Rough out a draft menu plan: seven dinner entrees that can be made from weekly specials, side dishes and salads.
- Wander to pantry and refrigerator to check for any of last week's purchases that are languishing beneath wilting lettuce or hardening tortillas. Check for draft recipe ingredients. Review your shopping list and note needed items.
- Post the menu plan on the refrigerator door. Refer to it during the coming week as you prepare meals.





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