

# Balancing Calories

The new Dietary Guidelines 2010 recommends that we eat the right number of calories needed to achieve and maintain a healthy weight over time.

## Recommendations for Balancing Calories

### “ Enjoy your food, but eat less.

- Think before you eat...is it worth the calories?
- Eat only until you are satisfied, not full.
- Look for foods that are lower in calories
- Decrease your intake of added fats and sugars.
- Use a smaller plate, bowl, and glass.



### What is a calorie?

- A measure of the energy in food

### What happens if we eat more calories than we need?

- Calories we don't use up get stored in our personal Bank Account of extra energy, also known as fat deposits for a future supply of energy.
- The problem is that we rarely need to call on this bank account.

## Portion Distortion

What you're served versus

What's one serving



1/2 lb. cheeseburger  
French fries  
3/4 cup ketchup  
1345 calories  
53 grams fat

1/4 lb. cheeseburger  
half the French fries  
2 Tb. ketchup  
685 calories  
33 grams fat

# How Food Portions Have Changed

## CHEESEBURGER

Before



333 calories

Now



690 calories

Before

With whole milk, sugar



45 calories  
8 ounces

## COFFEE

Now

Mocha with steamed whole milk and mocha syrup



350 calories  
16 ounces

## FRENCH FRIES

Before



210 calories  
2.4 ounces

Now



610 calories  
6.9 ounces

Before



210 calories  
1.5 ounces

## MUFFINS

Now



500 calories  
4 ounces

Maintaining a Healthy Weight

is a Balancing Act

Calories In = Calories Out



Avoid oversized portions to help maintain a healthy weight

# Mindless Eating

Professor Brian Wansink, PhD

Busy lifestyles cause many people to over-eat without noticing. A problem Brian Wansink, Ph.D., a behavioral scientist at the Cornell Food and Brand Lab, calls "mindless eating."

## What Research Shows



**Size (and shape) matters:** Beware of the shape of the glass you use. You could drink much more than you think. Research shows we pour an average of 34% more into short wide glasses than tall narrow ones.

Studies show that **people pour more out of larger packages.** Large package sizes increase consumption an average of 22%.



**Packaging and container size increase how much we eat.** Chicago moviegoers who were given large-size popcorn containers ate 45% more than those given medium-size containers. This even happened when they were given stale, 10 day old popcorn. Big packages encourage us to eat more, even if we don't really like the food.

### Put a barrier between you and your snacks.

When foods are sitting out, we tend to "graze" and eat them more frequently. Foods left out are eaten twice as fast.



**The farther you have to walk the less you eat.** College secretaries ate twice as many chocolate kisses when these kisses were placed on their desk than when they were placed 6 feet away.



Distracted television viewers also don't pay attention to what's in front of them. Studies show over 40 percent more food is eaten while watching TV.

**Fat-free isn't calorie-free:** Wansink found that people will eat more of a snack – even one they don't like very much – if it is labeled "low fat."

**See what you eat:** Visual cues are critical to controlling our much we eat. Students participating in an all-you-can-eat chicken wing buffet ate continually if their tables were continually cleared, because they couldn't see how many they'd already consumed.



People who stock up at discount stores eat up to 48 percent more. If you buy in bulk, put pretzels and other snacks in portion-size Baggies. Never, never, ever eat out of the box.

If you pre-plate your food in the kitchen, you'll eat 14 percent less than if you serve yourself a smaller portion at the table and then take seconds.



The first food you see is three times more likely to be the one you eat. Move the less healthy choices out of sight.

## Simple Steps for Mindful Eating

Try the following strategies for Mindful Eating to help you identify your body's signals and truly enjoy your food:

- **Start by recognizing whether you're hungry *before* you begin eating. Don't wait until you're famished.**
- **Eat with the intention of feeling *satisfied*** when you're done eating, you're less likely to keep eating until the food is gone.
- **Eat without distractions.** If you eat while you're distracted, you may feel full but not satisfied.
- **Eat when you're sitting down.**
- **Decide which food looks the most appetizing and start eating that food first.** If you save the best until last, you may want to eat it even if you are full.
- **If you notice that you're not enjoying what you chose, choose something else if possible.** Eating food you don't enjoy will leave you feeling dissatisfied.
- **Pause in the middle of eating for at least two full minutes.** Estimate how much more food it will take to fill you to comfortable satiety.
- **Push your plate forward or get up from the table as soon as you feel satisfied.** The desire to keep eating will pass quickly. Keep in mind that you'll eat again when you're hungry.
- **Notice how you feel when you're finished eating.** If you overate, don't punish yourself. Instead, be aware of the physical and/or emotional discomfort that often accompanies being overly full and create a plan to decrease the likelihood that you'll overeat next time

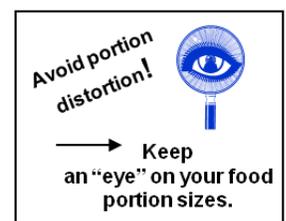
## Steps for Controlling Portion Size

### Be Portion Wise at the Table:

1. Resign from the “clean plate club.”
2. Go back for seconds only if you are still hungry.
  - Don't eat family style—fill your plate in the kitchen and eat at the table. Being able to refill your plate at the table is a quick ticket to eating more than you realize.
3. Eat slowly and in small bites.
  - Remember it takes about 20 minutes for your stomach to tell your brain that you are full.

### Watch Out When Eating Out

4. Limit eating out.



5. Avoid the trend to “supersize.”

- Eat smaller portions. The bigger the portion, the more people tend to eat.

6. Share an entrée with a friend or take half of the entrée home.

- Order an appetizer as the main course.

### **Be Aware of Your Eating Habits**

7. Never eat out of the bag or carton.

- If you buy in bulk, re-portion into individual portions.
- Move snacks to a less accessible place.

8. Learn how serving sizes look by measuring your food for awhile, then you can “eyeball” what you eat for future meals.

- Use smaller glasses, dishes and utensils. People eat more food off of large plates than they do off small ones, but feel equally full.

9. Refer to ChooseMyPlate.gov often to guide your food choices and portion sizes.

Sources: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov); *2010 Dietary Guidelines; Moderation is Key – 10 Steps for Controlling Portion Size*, University of Arkansas, Division of Agriculture, Cooperative Extension Service; <http://www.mindlesseating.org>; National Heart, Lung, and Blood Institute Obesity Education Initiative