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PUTTING PORTIONS IN PROPORTION



A BALANCED DIET WITH HEALTHY PORTIONS MAY HELP REDUCE YOUR HEALTH RISKS

Maintaining a healthy weight can help reduce the risk of health conditions such as heart disease, diabetes, osteoporosis, and some types of cancer. With easy access to super-sized foods and drinks that are high in calories and low in nutrients, it can be easy to eat more than we need.

WHAT'S THE DIFFERENCE BETWEEN A SERVING SIZE AND A PORTION SIZE?

A serving size is a reference amount for a specific food. Health Canada's Eating Well with Canada's Food Guide describes amounts of foods that are equal to one serving. The use of the Food Guide serving size on food labels is not required, and so the serving sizes of packaged food are not always the same as Food Guide servings. A food manufacturer can decide what makes up one serving for their products. You will see this amount listed on the Nutrition Facts Table on the package label.

A portion size is the amount of food a person chooses to eat at one time. Depending on the food, your portion size may be one or more Food Guide servings. For example, if you eat an apple as a snack, that equals one Food Guide serving of vegetables and fruit. However, for lunch you may eat a turkey sandwich with two slices of bread, cheese, lettuce and tomato. This sandwich gives you two Food Guide servings of grain products since each slice of bread is one serving. The turkey will contribute toward

EATING WELL WITH CANADA'S FOOD GUIDE: RECOMMENDED SERVINGS

	CHILDREN			TEENS		ADULTS			
	2-3	4-8	9-13	14-18 YEARS		19-50 YEARS		51+ YEARS	
	GIRLS & BOYS			F	M	F	M	F	M
VEGETABLES AND FRUIT	4	5	6	7	8	7-8	8-10	7	7
GRAIN PRODUCTS	3	4	6	6	7	6-7	8	6	7
MILK AND ALTERNATIVES	2	2	3-4	3-4	3-4	2	2	3	3
MEAT AND ALTERNATIVES	1	1	1-2	2	3	2	3	2	3

M = MALE / F = FEMALE

THE PLATE METHOD. THE PLATE METHOD IS ONE TOOL YOU CAN USE TO HELP BALANCE A MEAL AND SELECT HEALTHIER PORTION SIZES. IT ENCOURAGES A LARGER PORTION OF VEGETABLES AND MORE MODERATE PORTIONS OF PROTEIN, GRAINS AND STARCHY VEGETABLES. ONE THING TO KEEP IN MIND IS THAT THE PLATE METHOD IS BASED ON A MODERATE SIZED PLATE (ABOUT 9 INCHES AROUND), AND NOT ON SOME OF THE LARGER PLATES THAT ARE REGULARLY AVAILABLE FOR PURCHASE IN CANADA.

HANDOUT COURTESY OF BCRPA

PUTTING PORTIONS IN PROPORTION CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.



SARAH ALEXIS

a Food Guide serving of meat & alternatives, the cheese counts toward your milk & alternatives servings, and the lettuce and tomato count towards your vegetables and fruit servings!

PORTION DISTORTION

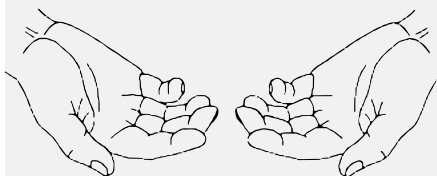
Over the past few decades, store-bought and restaurant portion sizes have increased. These larger portions have started to look normal. As a result, it becomes easier for us to over-fill our plates, and pay little attention to how much we actually need to feel satisfied and energized.

WHAT PORTION SIZE IS RIGHT FOR ME?

There is no one portion size that is right for everyone. Tools such as Canada's Food Guide, The Plate Method and handy portion guides can be used to help guide you on healthy portions and balanced meals.

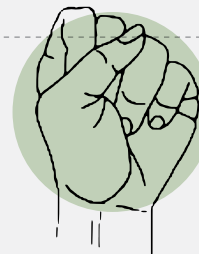
Canada's Food Guide offers recommendations for how many servings of each food group to aim for to meet your basic nutrition needs, by age and gender, at a sedentary level. If you are active you may need a larger portion of each of the foods or a healthy snack between meals such as a slice of toast with peanut butter or yogurt and fruit. To see if you are meeting your suggested servings from the Food Guide, check out Health Canada's online My Food Guide Servings Tracker or Dietitians of Canada's online diet analysis program, EATracker.

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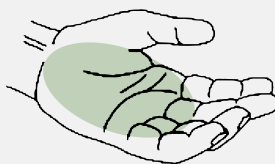
VEGETABLES

Two big handfuls or more; aim to fill ½ the plate.



WHOLE GRAINS / STARCHY VEGETABLES

Choose an amount the size of your fist; this would fill about ¼ of the plate.



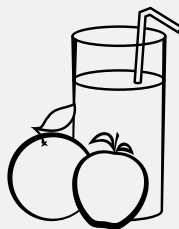
MEAT & ALTERNATIVES

Choose an amount around the size of the palm of your hand and the thickness of your little finger; this would fill about ¼ of the plate.



OILS AND FATS

Limit the oil and fats used at meals to about the size of the tip of your thumb.



MILK / FRUIT

A glass of milk or yogurt with fruit can be included to complete the meal.

For more information on nutrition and healthy eating and meal planning:

Call 8-1-1 to speak with a HealthlinkBC Registered Dietitian or Email a HealthlinkBC dietitian www.healthlinkbc.ca/healthyeating/emaildietitian.html or Contact Dietitians of Canada Consulting Dietitians Referral Line: 1 (855) 901-7776 or visit Find-a-Dietitian at www.dietitians.ca/Find-a-Dietitian.aspx for advice on nutrition and sport.

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