

Video link for Right Size It 14:35 minutes

HealthyHomeStyles.com/LifestyleCert/LifeStyleCert-Video-8

Questions? Contact HomeStyles Project Team
at
HSManager@aesop.rutgers.edu

Right Size It **HOMESTYLES**



Right Size It

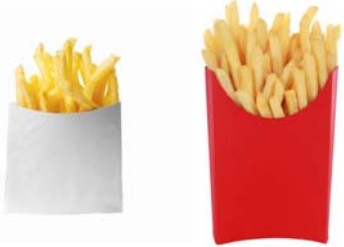
- How to determine healthy-sized portions
- Pitfalls of oversized portions
- Benefits of healthy-sized portions
- Tools to estimate right size portions
- Kids serve themselves

Portion Distortion



Portion Distortion

20 Years Ago
210 calories

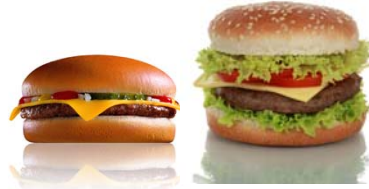


Today
610 calories

That's 400 more calories!

Portion Distortion

20 Years Ago
330 calories

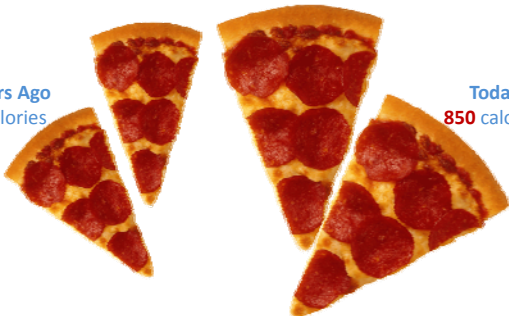


Today
590 calories

That's 260 more calories!

Portion Distortion

20 Years Ago
500 calories



Today
850 calories

That's 350 more calories!

Portion Distortion

20 Years Ago
500 calories



Today
1025 calories

That's 350 more calories!

Portion Distortion



Portion Distortion

Years Ago
150 calories



Today
600 calories



That's 450 more calories!

Portion Distortion

1 serving

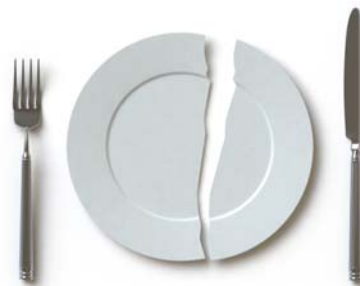


About 4
servings



**Many food packages contain
more than 1 serving!**

Portion Distortion



Pitfalls of Oversize Portions



Too much food = Too much weight

Pitfalls of Oversize Portions

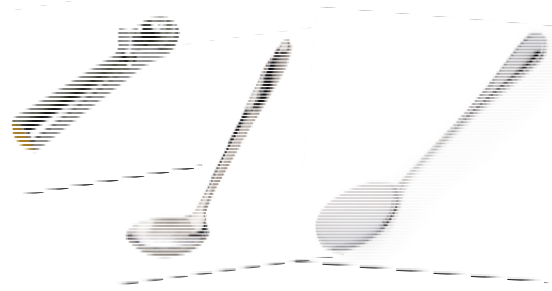
Excess weight

- Greater risk of heart disease, diabetes, and certain cancers
- Sleeping and breathing problems
- Strained knee and hip joints
- For kids, shorter adult height

Cutting Portions Down to Size



Cutting Portions Down to Size



Cutting Portions Down to Size

- 1 teaspoon = tip of adult thumb
- 1 tablespoon = whole adult thumb



Cutting Portions Down to Size

- 2 tablespoons = golf ball or ping pong ball



Cutting Portions Down to Size

- $\frac{1}{2}$ to $\frac{2}{3}$ cup = tennis ball



Cutting Portions Down to Size

- $\frac{1}{2}$ to $\frac{2}{3}$ cup = tennis ball
- 1 medium size piece of fruit = tennis ball



Cutting Portions Down to Size

- 1 cup = base ball
- 1 cup = adult's closed fist



Cutting Portions Down to Size

- 1 cup = base ball
- 1 cup = adult's closed fist
- 1 cup = handful



Cutting Portions Down to Size



Cutting Portions Down to Size

Nutrition Facts	
Serving Size 6 crackers	←
Servings Per Container 10	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%

10 servings x 210 calories = 2100 calories



How much do we need?

Kids		Parents
2 to 3½ cups	fruits & veggies	4½ cups

How much do we need?

Kids		Parents
2 to 3½ cups	fruits & veggies	4½ cups
3 to 5 ounces	protein foods	5½ ounces

How much do we need?

Kids		Parents
2 to 3½ cups	fruits & veggies	4½ cups
3 to 5 ounces	protein foods	5½ ounces

How much do we need?

Kids

2 to 3½ cups **fruits & veggies**

3 to 5 ounces **protein foods**



Parents

4½ cups

5½ ounces

How much do we need?

Kids

2 to 3½ cups **fruits & veggies**

3 to 5 ounces **protein foods**



Parents

4½ cups

5½ ounces



How much do we need?

Kids

2 to 3½ cups **fruits & veggies**

3 to 5 ounces **protein foods**

3 to 5 ounces **grains**



Parents

4½ cups

5½ ounces

6 ounces

How much do we need?

Kids

2 to 3½ cups **fruits & veggies**

3 to 5 ounces **protein foods**

3 to 5 ounces **grains**

2 to 2½ cups **dairy products**



Parents

4½ cups

5½ ounces

6 ounces

3 cups

Preschoolers

**1 Tablespoon of each food
per year of age**



Preschoolers

3 Tablespoons for a 3-year-old



Preschoolers

4 Tablespoons (1/4 cup) for a 4-year-old



Tiny Tummies



Tiny Tummys



Kids need small portions



Hmm...
there is a lot of food here.
Am I hungry?? full???

*Many adults need
smaller portions, too!*



*Many adults need
smaller portions, too!*



Tips for Right Sizing It

- Eat mindfully



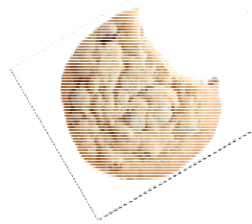
Eating mindfully



Eating mindfully



Eating mindfully



Tips for Right Sizing It

- Eat mindfully
- Eat together as a family



Tips for Right Sizing It

- Eat mindfully
- Eat together as a family
- Use measuring cups and spoons to serve foods

Keep tools on hand



Tips for Right Sizing It

- Eat mindfully
- Eat together as a family
- Use measuring cups and spoons to serve foods
- Let kids serve themselves

Let kids serve themselves



Let kids serve themselves



Let kids decide how much to take



Let kids decide how much to take



Let kids decide how much to take



Help kids serve themselves



Help kids serve themselves



*Help kids serve themselves
at daycare*



Tips for Right Sizing It

- Eat mindfully
- Eat together as a family
- Use measuring cups and spoons to serve foods
- Let kids serve themselves
- Keep a mental running total throughout the day

Right Size Benefits

- Needed nutrients in the right amounts
- Healthy weight
- Normal growth



Knowledge Check

- Why do many people have portion distortion?



Knowledge Check

- What are the pitfalls of oversized portions?



Knowledge Check

- What tools can help make right-size portions?



Knowledge Check

- What are benefits of healthy-sized portions?



Knowledge Check

- What are some tips for helping kids serve themselves?



Quick Survey

Visit this website to complete a short survey!

www.TinyURL.com/HomeStylesSurveyRightSize

It will get you on the way to completing your
*HomeStyles Healthy Lifestyles for
Preschool Families Certificate!*

Acknowledgements

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