



Lesson 3: Join the Portion Patrol

This meal-planning lesson is appropriate for anyone, with or without diabetes. For those with diabetes, this general information is to be adapted to a participant's meal plan as recommended by their health care provider.

Getting Ready

1. Review lesson plan before each session.
2. Copy handout and follow-up questions.
3. Gather supplies needed for lesson and activities.

Supplies Needed

1. Food models for carbohydrates such as peas, rice, pasta, pancakes, tortilla, muffin, pizza, french fries, baked potato, and/or commonly eaten carbohydrates appropriate for your audience. Ordering information for food models is on page 7 of this lesson. Food models are three-dimensional visual aides that show the proper serving size for commonly eaten foods.
2. Handout "What Does a Serving Look Like?"
3. Cereal (any brand), bowl, and fruit juice (any kind)
4. 8 ounce glass and measuring cup
5. "What Does a Serving Look Like?" handout

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by giving the objectives. Let the group know the lesson will be informal and they can ask questions anytime.

Objectives

The participants will:

1. Understand the importance of portion control at meals and snacks
2. Learn ways to control food portion sizes.
3. Recognize portions of commonly eaten foods

Activities

"Join the Portion Patrol." Descriptions below.

Script

Note to the speaker: Begin this lesson by holding up several different food models, such as meat, cereal, fruit etc. and ask everyone how large they think the portion is.

Ask your audience: "*How many of you eat food?*" (The answer is obvious). Since we all eat, we all need to practice portion control.



Today we are going to learn how to "portion control" what we eat. It is very easy to know the size and amounts of certain foods by associating food with other objects. For example, a regular portion of chicken should be three ounces, which is this palm of an average woman's hand, a deck of cards, or a cassette tape. One cup of potato, pasta, or rice is about the size of a woman's fist or a tennis ball. These are just some examples to get you thinking about portion control. Your take-home handout titled "What Does a Serving Look Like?" will help remind you.

For those of you with diabetes, the amount of food you eat is closely related to blood sugar control. If you eat more food than is listed on your meal plan, your blood sugar goes up. We will talk about meal planning next time. Although foods with carbohydrate (or starch or sugar) have the largest impact on blood sugars, eating too much of any foods can cause weight gain. If you are overweight, you may have poor blood sugar control. The only way you can tell if you are eating the right amount (especially when you get started) is to measure your foods and test your blood sugar two hours after you eat. We are going to have a lot of practice measuring out the proper portion sizes. Practice is the best way to achieve proper portion control.

Many people, whether diabetic or not, are tempted by sweets and desserts that claim to be "Sugar-Free" on the package. This claim is misleading, since these sugar-free products often have just as many carbohydrates (starches) and calories as the regular products. The sugar-free products often cost more as well, so it is best not to waste your money unless you know the product is really lower in carbohydrate and calories. If you want to treat yourself, it is okay to occasionally include a dessert in your meal-plan if you substitute it for some other carbohydrate in your meal. We will talk more in another lesson about substituting a serving of dessert for a serving of another high-carbohydrate (starch) food or beverage. Now I'm going to hold up some pictures of breakfast, lunch, and dinner. These pictures are examples of what your portion sizes should look like at the different meal times. *Hold up meal drawings for your audience.* As you hold up these drawings, read and explain the portion size of each of food on the plate (1/2 cup, 1/2 cup, 3 ounces, etc.).



Get the Skinny on Cholesterol

You probably know by now to get your cholesterol checked once a year. But did you know there are food choices you can make that have an effect on your cholesterol level? Red meat, fried foods, regular dairy foods (that are *not* low-fat dairy foods), and even snack foods like potato chips, crackers, cookies, and cakes can all increase your cholesterol level, so save these foods for special occasions. How should you eat to be heart healthy?

1. Bake, broil, boil, or grill food instead of frying.
2. Trim fat from meat.
3. Remove skin from chicken, turkey, and other poultry.
4. Season foods with herbs and spices instead of fatty meat, fat back, bacon or butter.
5. Choose low-fat and non-fat dairy foods.

Worth it's Salt?

Do you know your blood pressure? Many of you may have high blood pressure. There are things you can do as a part of a healthy lifestyle to control your blood pressure, such as managing your weight by watching your food portions. You can also limit the amount of salt you eat since salt can make blood pressure go higher in some people. This goes for anyone, especially those of you with diabetes since high blood pressure can increase your risk for some unpleasant complications such as heart disease and stroke. *What are some foods that are high in salt? Wait for responses.* Lunch meats, canned soups/main dishes, frozen dinners, pickles, crackers, many “instant” convenience foods such as boxed macaroni and cheese. This may come as a surprise, but people often get most of their salt from these foods rather than from salting their food at the table. Check the amount of salt in packaged foods by looking for the word “Sodium” on the Nutrition Facts Panel (the words “salt” and “sodium” mean the same thing). You should eat 2,400 mg or less of sodium daily, (one teaspoon of salt has about 2,400 mg of sodium). If you are hungry for a crunchy snack- then try carrot sticks, apple slices, or celery (which is tasty with a teaspoon of peanut butter).



Handout: “What Does a Serving Look Like?” *Go over this handout with your participants. Tell them to post it on their refrigerator! If you have food models to use as a visual aide, hold them up as you go over the handout. To order the food models, the contact information is on the reference page.*

- 1/2 cup fruit, cereal, pasta, or rice = palm of a woman’s hand
- 3 ounces cooked meat, poultry, or fish = palm of a woman’s hand
- 2 tablespoons of peanut butter = golf ball
- 1 medium sized apple or orange = a baseball. *Many large apples are 2 servings of fruit.*
- 1 muffin = 1 large egg
- 1 small baked potato = a woman’s fist
- 1 teaspoon margarine or butter = a thumb tip
- 1/2 bagel = width of a large coffee cup lid. *Some bagels are gigantic and can be as much as six slices of bread!*
- 1 pancake or waffle = a drink coaster



Activity: Join the Portion Patrol

Let’s pretend you just woke up and you are eager to eat breakfast. I need a volunteer to come pour out a bowl of cereal. *Let the volunteer pour cereal into a bowl. Then measure the amount poured with a measuring cup. How much did your volunteer pour into the bowl?* Ask them to look at the actual serving size on the cereal box and discuss the difference of the serving suggestion and how much the client poured out. Many of you already know this, but we want to help everyone see how easy it is to eat too much.



Using portion control with your drinks is important with fruit juices and those with added sugar. Many drinks are sweetened with added sugar: sweet tea, soft drinks, and lemonade, just to name a few. Ask your participants: *Why should you use portion control with sweet drinks and fruit juice? Gather and discuss responses.* The answer is that these drinks are high in calories, which can lead to weight gain. Also, these types of drinks will drastically affect blood sugar if you have diabetes. Please remember that juices such as orange juice or apple juice are more nutritious than a soft drink or cola. It is wise to keep juice on hand in case you become ill (and don't feel like eating) or have low blood sugar.

Let's practice measuring drinks now. Choose a volunteer and have them pour a glass of juice. *Let the volunteer pour the amount they would normally drink. How much did your volunteer pour into the glass?* Four ounces (1/2 cup) is the serving size for most sweet drinks. You might find it easier to use a glass that you know only holds four or eight ounces, to help control your portion. You can also place a piece of tape on the outside of a glass to mark a four (4)- or eight (8)-ounce line so you will be able to measure easily.

The Diabetes Alphabet

Today we talked about ways to eat well by watching portion sizes. Let's go over the diabetes alphabet, which "spells" the important ways to manage your diabetes. Let's say the alphabet now.

A for A1c Test- Check twice a year

B for Blood Pressure- Check at each doctor's visit

C for Cholesterol- Check once a year

D for Daily Exercise- Be physically active every day

E for Eating Well- Take down portion sizes, stay on your meal schedule

F for Foot Care- Check your feet for sores, blisters, or injuries every day

S for Sugar Testing- Check your blood sugar daily or as recommended by your doctor



References

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Type 2 Diabetes: A Curriculum for Patients and Health Professionals. Michigan Diabetes Research and Training Center. 2001. American Diabetes Association.

What I Need to Know about Eating and Diabetes. National Institute for Diabetes & Digestive & Kidney Diseases. 13 May 2003 <<http://www.niddk.nih.gov/health/diabetes/pubs/eating/nutri.htm>>.

To order food models:

Nasco products

1-800-558-9595

www.nascofa.com- Click on (1) Educational materials, (2) Family and Consumer Sciences, (3) Teaching Aids, then (4) Food Replicas

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