



Take Control When Eating Out

Portion distortion is eating or drinking much more than a regular serving because that's how much was served or was in the package or bottle.

Ask students what foods and drinks they see in very large portions.

Answers: snacks, sodas, restaurant foods, fast food meals, snacks at movie theatres

What are reasons that portion distortion might not be good for you?

Answers: Too many calories from fat and sugar, it upsets your energy balance because calories in are way more than calories out, not many nutrients, too much sugar is bad for teeth, too much bad fat is not heart healthy.

Do you have to give up foods or drinks if you want to eat healthy?

Answer: No! Foods like cookies and candy can fit in a healthy diet IF you avoid portion distortion. Watch how much you eat, how often you eat it, and balance it with physical activity.

Role Play Healthy Portion Choices: Students pair up and one is a restaurant worker and the other is a customer. Practice ordering the small size foods and drinks from the menu, and another time order a large after asking a friend to split a meal with them. Switch roles and this time one is the fast food worker and the customer practices ordering small size combos and asking for water or milk to drink.

Lunch and Learn. Turn school lunch into a learning experience about the feelings of hunger and fullness. The goal is to stop eating when they feel satisfied-mostly full, but could still eat some more. Here is a rating scale for students to use before and after lunch. Tell them to ask themselves how full they feel using the ratings of: 1 (hungry), 2 (satisfied) and 3 (stuffed). The goal is for them to reach #2 (satisfied). If "stuffed", encourage them to stop eating before that point at their next meal.

Sneaky Sat. Fat. Sat. fat, or saturated fat, is the unhealthy fat that causes heart disease. It can hide in all the foods that often come in very large portions. Assign students fast food restaurants, for which they will go online to find the nutrition information for one meal of their choice. How many calories, grams of fat, grams of sat. fat? How do the small, medium, and large sizes compare for an order of fries? Give tips on how to limit total fat and avoid sat. fat, such as: 1) eat those foods less often and only in the small size 2) help family make choices without any sat. fat.

Sugar Busters. Compare the amount of added sugar in several types of drinks that are commonly available when eating away from home. For example, use a juice drink such as fruit punch, a regular soda, and lemonade. Start with 12 oz. of each and read the amount of sugar from the Nutrition Facts label. Use a bag of table sugar and a teaspoon to measure the amount of sugar in each drink. Note: 4 grams of sugar (on the label) is equal to 1 teaspoon of table sugar Measure the sugar directly into a student's hand. If time allows, measure out the amount of sugar for 20 oz. of soda, and even a typical "large" size 44 oz. soda!



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