

MANAGING PORTION SIZES

TRANSCRIPT (page 1 of 2)

Making sure your portion sizes are right for you can be very helpful in controlling the calories, carbohydrates and fat you take in, making diabetes management easier.

"I love Italian food. But of course, Italian foods ... all pasta ... so of course I go whole hog on the salad, because I know I can only eat so much pasta ... and end up bringing home a large amount of it."

Today, everywhere you look you are faced with bigger and bigger portions; from the biggie size drink at the corner store, to the plate of pasta at your favorite restaurant. But just how much is too much?

Take a look at these two meals. They are the same foods, except the one on the right is the recommended serving size, and the one on the left is a typical meal served at a restaurant.

Now note the total carbohydrate, fat and calories in each meal. Do you see the difference?

By choosing the larger portion size, you have increased your calorie intake – not to mention the increase in carbohydrate and fats – by about 900 in just one meal. So what does that mean to you in the long run? If you eat just 100 extra calories a day, you will gain ten pounds in one year. And what could that do to your blood glucose?

Let's take our two meals one step further. How can we make our recommended serving size meal even healthier?

What if you substitute whole grain bread for the white bread? That gets healthy carbs and fiber into our meal.

How about a glass of reduced fat milk to add calcium and nutrients, instead of that diet soda?

And why not change the fries to a side salad, with low-fat dressing on the side?

When you look at the totals now, you have saved close to 200 calories – almost half. That's good for your blood glucose, your heart health and your waistline. Which meal would you choose?

Here are some tips to help you choose smaller portions. When dining out, order an appetizer instead of an entrée, and add soup or salad to round out the meal.

(cont. next page)

MANAGING PORTION SIZES

TRANSCRIPT (page 2 of 2)

You can try splitting an entrée with your dining companion. And if you choose to have dessert, consider sharing a dessert with one of your fellow diners, or try a lower fat, lower calorie selection.

If you find you've ordered too much food, eat the correct portion size for you and take the rest home. Most times you can get another entire meal out of it. How's that for stretching your food dollar?

"I've always been told that ... not to eat the full serving that they give you, because the servings that they give you in the restaurants are double what the recommended amount. So just eat half of it and then take the other half home, and eat it for lunch the next day, if you choose."

If you choose to eat large portions often, changing this behavior can make a big difference in your weight and blood glucose level.