

PORTION CONTROL

– THE EASY WAY TO DROP THE KILOS

All you need for successful weight-loss is to get your portions into perspective.

Maintaining healthy weight has been getting tougher as the amount we are served in restaurants and takeaways gets larger. Portion size has increased significantly over the past 20 years in parallel with the increased incidence of obesity. For example, 20 years ago takeaway coffee was water-based, and in a 200ml cup. Even after adding full-cream milk and two teaspoons of sugar, the most it contained was 85 calories. Today we can buy 470ml full-cream milk-based coffees with up to a whopping 480 calories. So it's obvious, when portion size increases, more kilojoules are consumed.

More is ... more!

Current research also shows that the more food we put on our plates, the more we will eat. In fact, the research shows that the larger the plate the more we eat; the larger the spoon the more we eat, the larger the packet or serving bowl the more we eat, the greater the variety on offer, the more we eat - all without really noticing the increase.

What's even more interesting is, research shows, that when we are served food on a smaller plate, we still leave the table feeling full. So less doesn't not necessarily equal hungry.

Size does matter

While many people believe that they won't be fooled by using a larger plate or bowl, even nutrition experts get caught. One American study focused on 85 food experts who were attending an ice cream celebration for a colleague. They were randomly given either a smaller (2 cup) or larger (4 cup capacity) bowl and either of 60ml or 90ml ice cream scoop.

After serving themselves, their bowls were weighed.

And guess what? Even when the nutrition experts were given a larger bowl, they served themselves 31% more without being aware of it. They even served an additional 14% if they used the larger serving spoon.

Bigger not best

- Shorter squatter glasses encourage us to drink more
- The more variety at a buffet, the more we eat
- The bigger the serving bowl we serve from, the more we put on our plate
- The bigger the serving spoon in the bowl, the more we put onto our plate
- The bigger the package we eat from, the more we eat, even when we don't like the food!

Good Diabetic management

Portion control is part and parcel of good diabetes management. So whether you want to lose weight, not put on any weight, or keep your blood sugars steady, using a standard serving will help you stay on track.

4 steps to the perfect portion

Armed with perfect portion knowledge you don't have to fall into the same trap, just follow the 4 tips below.

- 1. Reduce portion size by choosing a smaller plate, bowl and glass**
- 2. Reduce energy density at evening meals through nutritional balance**
 - a. Serve ¼ plate of protein foods such as lean red meat, poultry, fish, egg, tofu or legumes
 - b. Serve ¼ plate of low GI carbohydrate foods including sweet potato, peas, corn, basmati rice, pasta or rice noodles.
 - c. Serve ½ plate of low starch vegetables or salad such as alfalfa, asparagus, bamboo shoots, beans, bean sprouts, broccoli, brussel sprouts, cabbage, capsicum, carrots, cauliflower, celery, cucumber, eggplant, leek, lettuce, mushrooms, onions, radish, rocket, shallots, silverbeet, spinach, spring onion, squash, tomatoes, turnips or zucchini.
- 3. Buy smaller packs.** Ideally, choose single serves of snack foods with around 100 calories per serve, but make sure you check that the 'per serve' information on the back of the pack relates to the whole pack. Some manufacturers are tricking us by presenting favourable per serve information, but indicating in the fine print that there is 1.7 serves or similar.

Examples of single serves are:

- 100g yoghurts
- 20g muesli bars
- Snack pack (27g) potato chips
- 25g Milky Way bar
- Nestle diet chocolate mouse
- 1 Cup fruit
- 1 Popper juice drink
- 1 chocolate Lindor ball

- 4. Avoid drinks that contain energy** – choose water

So get your portions under control and weight loss will follow.



By: Amanda Clark, Advanced Accredited Practising Dietitian, her book *Portion Perfection*, is available at all good book stores. RRP: \$34.95.



SPLENDA® sweetener and a low GI diet -



a WINNING combination!

Maintaining healthy blood glucose (sugar) levels is important for your health. In the past it was believed that foods high in sugar caused blood glucose levels to rise rapidly then drop quickly. The GI is a ranking of carbohydrates in food according to their effect on blood glucose levels after eating. Foods with a low GI (55 or less) cause blood glucose levels to rise more slowly and over a longer period of time than high GI foods (70 or more). Including at least one serve of low-GI carbohydrate at each meal is one way to lower the GI of your overall diet.

The Glycemic Load

The GI is not the only factor in food that has an effect on our blood glucose levels. The total amount of carbohydrate we eat is also important. A new concept called the glycemic load (GL) helps us to compare the overall effect of a food (the GI and the total amount of carbohydrate) on our blood glucose levels. The lower the GL of a food or recipe, the lower the impact on blood glucose levels. The best way to lower the GL of your diet is to include foods with a low GI and moderate the amount of carbohydrate in your diet.

So how does SPLENDA® sweetener fit in?

One way of decreasing the GL of your diet is to use a reduced kilojoule sweetener like SPLENDA® granular in place of sugar when cooking. SPLENDA® granular contains less than 1g of carbohydrate per teaspoon, compared to a teaspoon of sugar which has 3.5g carbohydrate.

Reducing added sugars in the diet by using SPLENDA® sweetener is one way to help manage blood glucose levels because they can help lower the average GL of the diet by lowering the total carbohydrate content of the diet.

So if you are looking to reduce your sugar intake combine a low GI diet with low kilojoule SPLENDA®.

For more information on SPLENDA® sweeteners and for great tasting recipes visit www.SPLENDA.com.au

