



Smart Servings

Portion Distortion and Distractions

Where is Your Portion Distortion Lurking?

There are lots of unsuspected places where you could be eating jumbo servings instead of smart servings – and not even know it! Maybe it's with that weekly treat from the bakery, or the size of your steak or the amount of soda you pour into your glass. It's time to discover your portion distortion.

Portion Distortion Quiz

Answer the following questions to see how well you know your portions.

<p>1. A large bakery muffin equals how many slices of bread?</p>	<p>2. How many potato chips are in a single serving? a. 5 b. 15 c. 25</p>	<p>3. Is a single serving of meat equal to the size of a deck of cards or a computer mouse?</p>	<p>4. How much liquid does your glass hold?</p>
<p>Answer: 4-6 slices. One large muffin is 4-6 ounces, which is the same as eating 4-6 slices of bread. Plus, there's all the extra sugar that's baked into the muffin.</p> <p>Tip: So next the time you go to grab that sugary, oversized breakfast treat, be smart. Do you really need to chow down 4-6 servings of grains with your coffee?</p>	<p>Answer: b. 15. So remember to count while you crunch, since a single bag may contain much more than just 15 chips.</p> <p>Tip: Baked chips are a lower fat choice.</p>	<p>Answer: Both! A single serving of meat is 3 ounces, which is about the same size as either a deck of cards OR a computer mouse.</p> <p>Tip: One quarter cup of cooked dried peas or beans is the same as one ounce of meat.</p>	<p>Answer: Most household glasses hold 16-20 ounces, yet a single serving of milk or juice is only 8 ounces.</p> <p>Tip: To find out what 8 ounces looks like, fill a measuring cup with 8 ounces of water and pour it into your glass.</p>

List of Suspects

Use the lines below to make a list of the foods that may be causing you portion distortion. These are the foods you'll want to keep an eye on to make sure you're sticking to smart servings.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Take Action Against Distraction

Another reason we may be eating more than the recommended serving size is because we're distracted when we eat. These distractions make it harder to pay attention to how much we eat and keep us from listening to our bodies' natural hunger and fullness cues.

Are you distracted?

Think about how you eat while you're at home or at work. For the next week, pay attention to the things that may be distracting you while you eat, and mark them in the chart below. Each day, place a checkmark in the box that indicates a distracter. At the end of the week, place a checkmark by the things you want to change.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	I want to set a healthy goal to change this
I eat from large bags or containers without much thought for how much I'm eating								
I fill my plate or bowl without thinking about how much I'm eating								
I watch TV, work or do something else and lose track of how much I am eating								
I eat when I'm bored or stressed – regardless of whether or not I'm actually hungry								
Other distractions, like:								

Meet the Portion Distortion Challenge:

1. Pay attention to your body's hunger and fullness cues. Eat slowly and wait 15 minutes before helping yourself to a second serving. You may be surprised to find that you're already full.
2. Dish a smart serving onto your plate, rather than eating straight from the bag or container.
3. Turn off the TV and computer during mealtime or snack-time so you can focus on eating.
4. Avoid eating out of boredom. There are plenty of other things to do – write down some fun activities.

5. Set your mealtimes and snack times so you won't be tempted to eat out of boredom or stress.

Tips on the Web

Take the fun Portion Distortion quiz brought to you by the National Heart Lung and Blood Institute:

<http://hp2010.nhlbihin.net/portion/>

This content is provided for informational purposes only. Any reference to other organizations or companies, including their Internet sites, is not an endorsement or warranty of the services, information or products provided by them.

CIGNA® is a national sponsor of Healthy Kids Challenge, an unaffiliated non-profit organization.

"CIGNA" and the "Tree of Life" logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries, including Connecticut General Life Insurance Company and CIGNA Health and Life Insurance Company, and not by CIGNA Corporation.

835149 08/10 © 2010 CIGNA. Some content provided under license.

