

Discovering Smart Servings

Be the Advocate in the Workplace...Send a healthy message.

Discover Smart Servings by paying attention to **how** much you eat, **when** you eat, and **how full** you feel.

Create a connection between the workplace and the healthy message you provide.

Become a champion for your employees to make healthy eating choices in the workplace and at home. Take the opportunity to use the **Discovering Smart Servings** theme for an extended period of time. A month is a good suggested amount of time. Publicize the message frequently with employees throughout the month. When trying to help employees take action to make healthy changes it helps to:

- **Encourage employees** that small steps and goals are necessary for change.
- **Focus on good habits** and healthy “choices” rather than body weight.
- **Maintain good staff-community relations** by making recommendations welcoming and fun.
- **Make employees partners for change** by welcoming and healthy change ideas and feedback.

Start by looking at your workplace setting. What opportunities and messages can you give to your employees to make healthy eating choices? Consider the following:

Tips

- **Provide** a cafeteria that provides proper servings of food.
For Example: Do not promote super size meal deals.
- **Provide** employees with ample meal and break time. If an employee is distracted and doesn't have adequate time to eat while working, there is more chance for overeating.
- **Help** employees see healthy portions and food choices by demonstrating at a mini-lesson class. Try having a lunch and learn.

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How to Take Action:

- Provide employees with the **Discovering Smart Servings** tip sheets to learn appropriate serving sizes.
- Use the action ideas provided.
- Frequently communicate action ideas and messages to employees during the designated **Discovering Smart Servings** theme time period.
- Download resources provided to provide employees with additional information.

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Workplace Challenge

Fit & Fun Families

Action #1: **Learn about Portion Distortion**

Help employees learn proper portions by having a “lunch-and-learn” session to teach about healthy serving sizes. **Invite** a local chef, nutritionist, or cookbook author to provide a workplace cooking demonstration with cooking tips for preparing and serving healthy foods. Let employees see what a proper serving should look like. **Share** recipes through your usual communication methods, or set up a display table with pictures and recipes after the event.

Action #2: **Provide Tips to Discovering Smart Servings**

- **Print** the Discovering Smart Servings Tips Poster.
- **Set up a display** table in a cafeteria, break rooms, or meeting places.
- **Make** a display in a cafeteria or eating area using the Discovering Smart Serving Sizes Poster as a guide. Use “every day” household items to visually demonstrate portion sizes. Attach descriptor cards or have employees guess correct serving sizes.
- **Provide** small give-away items for those who guess correctly.

Resources in this kit:

- Discovering Smart Servings Tips Display Poster.
- Discover Serving Sizes Display Poster.

Why Discovering Smart Servings?

The waistline of Americans is expanding. And to go along with it is an increase in the rates of obesity among children and adults. Obesity is a leading contributor to a variety of serious and chronic health issues. Helping your employees learn to eat proper serving sizes will help. People spend a large portion of their time at work. The workplace environment can influence the health and choices of its employees.

Portion sizes have been increasing since the 1970's, and most marketplace portions are larger today than USDA standard servings. Increased portion sizes promote excessive intake at meals. Studies suggest adults and kids respond to larger portion size by eating more¹.

¹ J.Fisher, B.Rolls, L.Birch. The Children's bite size and intake of an entrée are greater with large portions than with age-appropriate or self-selected portions. *American Journal Clinical Nutrition* (77:1164-1170, May 2003).

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.
Working to make healthy eating and physical activity a regular part of your life at home and at work.

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Other resources available:

- New Food Guide MyPyramid at www.mypyramid.gov/pyramid/index.html
MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.
For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.
Use the advice “Inside MyPyramid” to help you:
 - Make smart choices from every food group
 - Find your balance between food and physical activity
 - Get the most nutrition out of your calories
- **What is your Serving Size?** *Team Nutrition, FNS, USDA*
This colorful poster provides a visual example of Food Guide Pyramid serving sizes compared to easily recognized/common household objects.
www.fns.usda.gov/tn/Resources/Nibbles/servingsize_poster.pdf
- To learn more about healthy serving sizes refer to these websites:
www.usda.org www.americanheart.org www.pueblo.gsa.gov/
www.cancer.org www.eatright.org

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