

GREEN BAY, WI
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FOOD

Eat no more than a deck of cards

A deck of cards, the size of your fist — these mental images have been drilled into our heads. These are the sizes of what our servings should be, but way too often, they fall short of reality.

"How much you eat is more important than what you eat," says Dr. Lisa Young, an adjunct professor of nutrition and food studies at New York University and author of "The Portion Teller."

A turkey sandwich can be a healthy item, but, as Young points out, "you have to look at how much mayonnaise they use, and how big the roll is." 6322

The deck of cards is the symbol for a serving of meat, fish or poultry the size of the palm of your hand, not counting the fingers. The McDonald's Quarter Pounder fits that requirement, but with pressure from other restaurants, the company is experimenting with a 1/3-pound burger, a 1.3-oz. increase over the 4-oz. size. In many restaurants, the smallest burger is 8 ounces.

"The only way we're going to achieve some success is have people who are providing the food to help us," says Dr. Barbara Rolls, professor of nutritional sciences at Pennsylvania State University.

One example that fits into that idea is T.G.I. Friday's new Right Portion, Right Price menu. The menu offers a variety of smaller-portion entrees at lower prices.

At home, you can determine the size of the plate and even weigh portions on a food scale. But often, when you eat out, portions are out of proportion.