

San Diego Union Tribune

PORTION PATROL: BERRIES

Berries rule! Hurray for the red, ripe and blue

February 13, 2007

TODAY'S FAVORITE FOOD: It's been said that in order to determine how healthy your grocery cart is, look at the color of your purchases. If all the colors of the rainbow are represented, especially in the produce department, you're in good shape. Some of the best foods for you are those that come in small – and brightly colored – packages: berries.

“All berries are great for you,” says **Lisa Young, Ph.D., R.D., author of “The Portion Teller Plan.”** “They are high in fiber, low in calories and high in antioxidants and vitamin C. Blueberries are also known to contain anti-aging properties, so I'd say they are the best.”



File photo

The government would agree that berries are an excellent addition to any diet. With its recommendation that adults consume two to three cups of fruits and vegetables each day in order to reduce risk of diabetes, cancer, stroke and cardiovascular disease, berries are a convenient snack food of choice for optimum health benefits.

One serving blueberries = one-half cup = one-half baseball or a cupped hand

Calories: 41

Carbohydrates: 10.5 g

Fat: 0.2 g

Calorie source: CalorieKing.com

New government diet regulations make constructing your daily dietary intake as simple as building an actual pyramid. But with help visualizing portion sizes, at least some of the mystery surrounding your favorite foods can be solved. Visit www.MyPyramid.gov for more information.

– CHRISTINA ORLOVSKY

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PORTION PATROL: COFFEE

Fancy cuppa joe can put a grande hole in diet

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TODAY'S FAVORITE FOOD: For many people the world over, a good cup of joe is a must to kick-start the morning and keep caffeinated throughout the day. But before you reach for that coffeepot or stop off at your nearest coffee cart, get the skinny on the stimulant and its high-calorie accouterments.



“Coffee in moderation is OK – one or two cups per day – assuming that you only add skim milk,” says **Lisa Young, Ph.D., RD, author of “The Portion Teller Plan.”** “Some store-bought coffees are a huge 20 ounces, contain tons of sugar and whole milk and can contain close to 1,000 calories – half of the recommended calories you get in a whole day!”

To keep your java jolt at a justifiable calorie count, steer clear of the whipped coffee drinks and use limited add-ons. Also, be aware of the side effects coffee can bring on, Young adds. “Coffee may make you more alert, but too much is not good, as it can make you jittery and may cause difficulty sleeping.”

Because a plain cup of coffee has no calories, the U.S. government suggests choosing unsweetened coffee over sugary beverages. Adding whole milk or sugar will place a cup of coffee in the category of discretionary calories, of which most adults are recommended to consume an average of 300 a day. Adding only low-fat or fat-free milk counts toward the three cups of milk products recommended for adults daily.

One serving coffee = 8 oz. = a tea cup or small diner-sized coffee mug (no milk)

Calories: 2

Carbohydrates: 0 g

Fat: 0 g

Protein: 0.3 g

With cream and sugar

Calories: 96

Carbohydrates: 12 g

Fat: 4.8 g

Protein: 0.8 g

Calorie source: CalorieKing.com

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