

San Diego Union-Tribune

PORTION PATROL: DELI MEAT

Pay attention to sandwich serving sizes
– *CHRISTINA ORLOVSKY*

July 4, 2006

Today's favorite food: Deli meat, the savory stuffing between two slices of bread in a sandwich – is undoubtedly one of America's favorite lunch foods. Filled with anything from peanut butter and marshmallow fluff to meats, cheeses and stacks of vegetables, clearly it comes down to what – and how much – is inside a sandwich to determine its healthfulness.

In her book, *“The Portion Teller,”* registered **dietitian Lisa Young** notes that some deli sandwiches contain 1 pound of meat, which amounts to roughly three days' worth of meat allowances.

So how did Jared of Subway fame lose so much weight? He watched his portion sizes.

According to U.S. government guidelines, most adults should consume five-to six-ounce equivalents (serving sizes) of meats daily. In the lean-meat category, three slices count as a one-ounce equivalent.

One portion deli meat, such as turkey or ham = 3 ounces = a deck of cards

Turkey: Calories: 89

Carbohydrates: 3.6 g

Fat: 1.4 g

Protein: 14.5 g

New government diet regulations make constructing your daily dietary intake as simple as building an actual pyramid.



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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.

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PORTION PATROL: CEREAL Doing the proper 'crunches'

July 18, 2006

Today's favorite food: For many Americans, familiar morning sounds include the “snap, crackle and pop” of our favorite cereal. While all breakfast cereals are not created equal, many provide an excellent nutritional start to the day – as long as you don't go heavy on your portion size.

When it comes to choosing a healthy cereal option, nutritionists recommend steering clear of sugar-laden choices and leaning toward fiber-filled, whole-grain options. Once the smart selection is made, “**The Portion Teller**” author **Lisa Young** recommends scooping out a one-cup single serving and adding one cup of milk. For an added nutritional benefit, a handful – or one cup – of berries adds a sweet kick without the guilt of the sugary items on your supermarket shelf.



Cereals, both the whole-grain and refined varieties, fall into the grains category of the food pyramid. According to U.S. government guidelines, most adults should consume six-to eight-ounce equivalents of grains daily, with at least half of those allotted to whole grains. All adults are recommended to consume three cups of milk per day.

One serving dry breakfast cereal, such as Cheerios: 1 ounce = 1 cup = 1 baseball

Calories: 110

Carbohydrates: 22 g

Protein: 3 g

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Portion patrol: Baked potato

February 21, 2006

TODAY'S FAVORITE FOOD: Before the low-carb craze, a baked potato was often a dieter's delight, because of its low calorie and fat count. Its ability to be stuffed with just about anything, from light and healthy options, like broccoli or salsa, to not-so-light toppings, like heaps of cheese and sour cream, is both its highlight and its downfall.

While a potato does fall into the vegetable category on the food pyramid, its high carbohydrate count puts it into the starchy vegetable group, which should be consumed in moderation, said **Lisa Young, Ph.D., R.D., author of "The Portion Teller."** In fact, it is similar to a slice of bread in its calorie and nutrient count.

According to U.S. government guidelines, one potato amounts to 1 cup of starchy vegetables.

Women should consume no more than 3 cups of starchy vegetables per week; men, no more than 6 cups.

Still, when it comes to picking the perfect potato, opt for the baked over the French fried. Just be sure to watch your toppings!

ONE-SERVING-SIZED POTATO = 1 medium potato = the size of a computer mouse

CALORIES: 138

CARBOHYDRATES: 31.3 g

FAT: 0.2 g

PROTEIN: 3.7 g

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