



Portion distortion

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Over the weekend, for some reason, I happened to be reading [Family Circle Magazine](#) when I came across an interesting article on portion control titled "[The Portion-Control Diet](#)".

Normally, I'm not into the diet thing or up for reading health articles, but this one caught my eye because it was so interesting and so true. The article, written by Lisa Young, who also has a book out on the subject called "The Portion Teller," mentions that studies found that Americans eat 30 to 50 percent more than they did in the past. The portions are bigger now and we've become so accustomed to it that we don't even realize that this could possibly be the reason why our waistlines expand.

It makes sense that the larger the portion, the more calories we consume. But I believe that we sometimes think to ourselves, "well, I eat only two meals a day, why am I gaining weight?" It's not how many times we eat during the day. It's how much we eat.

Young's article states "To put this in perspective, a breakfast bagel and a slice of pizza add up to nearly half of the calories recommended for an entire day. Once you add the cream cheese, a soda, and dinner at a Chinese restaurant, your calorie count for the day can easily top 3,000." That's a lot of food and a lot of calories.

By
Carole Napolitano

But in a society where we eat out at restaurants more often, how do we know what the appropriate portions are? How do we know how many calories are in what we ordered?

Young suggests using comparisons. For example, the size of a deck of cards is equal to approximately three ounces of fish or meat, the standard single serving size. But honestly, the average person doesn't go into a restaurant and ask their server if their piece of steak is equal to the size of a deck of cards. But by using that knowledge, you can portion your meal and eat only the standard size and take a doggy bag home, using your leftovers for another meal.

Over the years, food portions have become progressively larger and we have adapted to that. Our stomachs have adapted to that.

However, we need to become more aware of our portion sizes. And remember that the larger the portion put in front of us, the more we will eat, leading us to wonder why our pants don't fit as well.



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