HEALTHY PORTIONS

A Tu Salud ¡Sí Cuenta! Educational Module
To maintain a healthy weight, our bodies need to maintain a balance in what we eat and the calories we burn from exercise.
GAIN WEIGHT
You will gain weight when the calories you eat in food and drinks are more than those you burn or use.

+ Energy Consumed - Energy Used
BALANCE IS KEY

MAINTAIN WEIGHT

Your weight will remain the same when the calories you eat in food and drinks are equal to those you burn or use.

Energy Consumed = Energy Used
BALANCE IS KEY

LOSE WEIGHT
You will lose weight when the calories you eat in food and drinks are less than those you burn or use.

- Energy Consumed - Energy Used
CALORIES IN A POUND

- If you burn 3,500 calories from exercising or eliminate 3,500 calories from your diet, you lose 1 pound.
NUTRITION LABELS

Macaroni & Cheese

- Calories: 250
- Calories from Fat: 110
- Total Fat: 12g (18%)
- Saturated Fat: 3g (15%)
- Trans Fat: 0g
- Cholesterol: 30mg (10%)
- Sodium: 470mg (20%)
- Total Carbohydrate: 31g (10%)
- Dietary Fiber: 0g (0%)
- Sugars: 5g
- Protein: 5g

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
## Calories: Women

<table>
<thead>
<tr>
<th>Age</th>
<th>Sedentary</th>
<th>Moderate</th>
<th>Active</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3</td>
<td>1,000</td>
<td>1,000-1,400</td>
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<tr>
<td>4-8</td>
<td>1,200</td>
<td>1,400-1,600</td>
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<td>9-13</td>
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<td>1,600-2,000</td>
<td>1,800-2,200</td>
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<td>19-30</td>
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<td>2,000-2,200</td>
<td>2,400</td>
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<tr>
<td>31-50</td>
<td>1,800</td>
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<td>2,200</td>
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<tr>
<td>50+</td>
<td>1,600</td>
<td>1,800</td>
<td>2,000-2,200</td>
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# Calories: Men

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<td>2,800-3,000</td>
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<td>51+</td>
<td>2,000</td>
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HOW TO PORTION

Palm: 3 Ounces
Fish, Chicken, Beef, Pork, Turkey, Beans, Tofu

One Cupped Hand: ½ Cup
Fruit, Pasta, Rice, Bread, Cereal, Grains
HOW TO PORTION

Two Cupped Hands or Two Fists: 1 Cup
Salad, Spinach, Vegetables, Milk, Yogurt
HOW TO PORTION

**Length & Width of Thumb:**
1-2 Ounces
*Cheese, Dressings, Legumes (like nuts), Seeds*

**Top Section of Thumb:**
1 Teaspoon
*Olive Oil, Butter, Canola Oil*
Protect against obesity

Improve gastrointestinal health

Lose weight, especially when combined with physical activity

Cut inches from your waist

Lower your risk of Type 2 Diabetes and other health complications
Portions have changed a lot in the past 20 years (1990s → 2010s). They are larger, with more calories and more fat.
PORTIONS IN 20 YEARS

1990s
Coffee with Milk & Sugar
8 ounces, 45 calories

2010s
Large Café Mocha with 2% Milk
16 ounces, 330 calories
PORTIONS IN 20 YEARS

1990s

Tortillas
6-inch diameter, 52 calories

2010s

Tortillas
12-inch diameter, 356 calories
PORTIONS IN 20 YEARS

1990s

Hamburger
330 calories

2010s

Hamburger
590 calories
PORTIONS IN 20 YEARS

**1990s**

**French Fries**
2.4 ounces, 210 calories

**2010s**

**Hamburger**
6.9 ounces, 610 calories
PORTIONS IN 20 YEARS

1990s
Sandwich
320 calories

2010s
Sandwich
10 inches, 820 calories
PORTIONS IN 20 YEARS

1990s
- Pizza
  - 500 calories

2010s
- Pizza
  - 850 calories
PORTIONS IN 20 YEARS

1990s

Pasta
500 calories

2010s

Pasta
1,025 calories
PORTIONS IN 20 YEARS

1990s

Popcorn
5 cups, 270 calories

2010s

Popcorn (Medium)
16 cups, 1,200 calories
PORTIONS IN 20 YEARS

1990s

Original Coca-Cola Bottle
8 ounces, 97 calories

2010s

Coca-Cola Can
12 ounces
145 calories

Coca-Cola Bottle
20 ounces
242 calories
A HEALTHY PLATE

**Ingredients**
- Vegetables: 1 cup
- Meat or Protein: 3 ounces
- Grains: ½ cup

**Vegetables**
Two cupped hands or two fists (1 cup)

**Grains**
One cupped hand (½ cup)

**Meat or Protein**
Palm (3 ounces)
HEALTHY PLATES
NO SECONDS
FRUITS & VEGETABLES

EAT MORE!
When eating at home, choose smaller plates, bowls, and cups.
When eating out, pick small.
When shopping, buy small.
Keep foods at home out of sight and inconvenient.
TIPS & TRICKS

Track what you’re eating.
Scenario:

Each time I get home from work, I am so hungry and tend to overeat.
NEXT STEP

Start today because Your Health Matters!
## THE PLAN

<table>
<thead>
<tr>
<th>Disadvantages</th>
<th>Advantages</th>
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THE PLAN

On a scale of 1-10, how confident are you that you can eat healthy portions daily?

Less Important

Very Important
MAKE A PLAN

Setting goals is the key to success. Write in sensible, clear and possible to manage goals.

<table>
<thead>
<tr>
<th>What part of your plate is vegetables?</th>
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<table>
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<th>How do you remember the portions?</th>
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<table>
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<th>When will you start eating healthy portions?</th>
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<td></td>
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REFERENCES

- U.S. Food and Drug Administration
  www.fda.gov

- U.S. Department of Agriculture
  www.mypyramid.gov

- Tu Salud ¡Sí Cuenta!
  www.tusaludsicuenta.info

- “Food Psychology: Why we eat more than we think” Jim Painter, PhD, RD