

# Nutrition FUNdamentals

## From portion distortion to smart size

Week 2

## Employee Guide

With Week 1 of **Nutrition FUNdamentals** behind you, you're ready to move to the next level and learn about portion control. Even healthy foods can pack on the pounds if you eat too much of them.

Learning about portions will help you gain a better grasp of what an appropriate serving size is. This goes a long way in creating an eating plan that is based on the number of calories you need.

In Week 2, you will get helpful tips about serving sizes and proper portions as well as how serving sizes have changed over the past 20 years. You can even test your knowledge by taking a quiz about portion distortion. The results might surprise you!

### Week 2 handouts

**The great plate debate** – Watch your portion sizes!

**Operation portion control** – You may be eating more than you realize.



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# Getting started



## **Review the Week 2 handouts**

Today's portion sizes have blurred our view of what healthy portions should be. The information in this week's handouts will help you learn how to "smart size" your food and beverage choices, and provide helpful suggestions to exercise portion control.

## **Take the *Portion Distortion* quiz**

Log on to the National Heart Lung and Blood Institute Web site at <http://hp2010.nhlbihin.net/portion/> to test your knowledge about portions.

## **Review the *MyPyramid* food gallery**

To find foods from each group along with the appropriate serving sizes, visit <http://www.mypyramid.gov/mypyramid/index.aspx> and compare them with your normal pattern of portion choices.

## **Use online tools and resources**

Check out the Personal Health Manager's *Eat Right* nutrition planning tool at Blue Access® for Members. You'll find taste-tempting menus, practical nutrition tips and guidance on how to gauge your portions.

## **Tune in to your eating habits**

By now you are probably beginning to think more about unhealthy eating habits and how you can replace them with healthier ones. Be aware of any areas where you can improve, such as sneaking nibbles when preparing food or snacking when watching TV.

Now that you know about portion control, you're well on your way to better nutrition. Week 3 of **Nutrition FUNdamentals** will take you even further with more fun facts to help you master food label lingo.