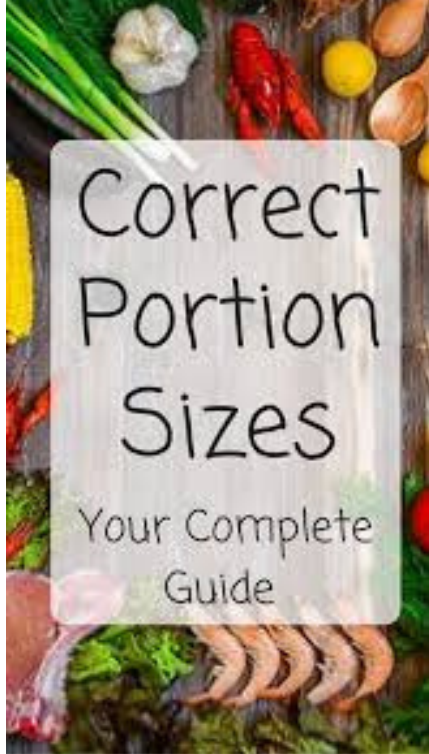


PORTION CONTROL

chewing your food, carbohydrates, dairy, food diary

*Start your journey to
better health*





PORTION SIZES TO HELP IN LOSING WEIGHT AND BOOSTING YOUR IMMUNE SYSTEM

Serving sizes have increased over the last few decades, and we need to stop and use a smaller plate. Your meals could be making you fatter because of the size of the plate. When eating in a restaurant, share a meal as the portions are usually high in calories and size. Your plate should be 50% vegetables, 25% protein and 25% carbs and a little fat, which lowers your calorie count for the day. Healthier food fills you up quickly, so you need less of it, and it keeps you full longer.

8 WAYS TO PORTION CONTROL

1. *Drink water before a meal - will make you feel fuller and eat less*
2. *Use a smaller plate/bowl - eat fewer calories*
3. *Measure your portions - by scale or hand*
4. *Use portion control guide - eat fewer calories*
5. *Eat slowly - chew your food and enjoy the flavours*
6. *Be mindful of your eating - don't eat on the run, standing up*
7. *Don't eat from the container always measure your food*
8. *Use a food diary to track your progress*

Make this a lifestyle change, that in the long run, will boost your immune system and cause you to weigh less and be healthier. By controlling your portion size, you can make sure that you are getting the nutrients you need to help your immune system. Less fat and fried foods cause the liver to work hard in making bile to break down the fats.

PORTION SIZES

Visual Hand Guide



OTHER HEALTHY PORTION SIZES

Serving of cereal is 1 cup - size of your fist

1 pancake - compact disk size

1/2 cup rice, pasta - 1/2 of a baseball

1 slice of bread - a cassette tape

1 cup salad greens - a baseball

1 medium fruit - a baseball

1/2 cup of raisins - a large egg

3 oz of meat - a deck of cards

3 oz of fish - chequebook size

2 tbsp peanut butter - a ping-pong ball

1 tsp of oil - the size of your thumb tip

1 1/2 oz of cheese - 4 stacked dice

1 cup of milk - the size of your fist



DINING OUT

If you eat out, know that the portion sizes at restaurants have grown over the years, and that is not good for your health. If you have to eat out, order a smaller dish or take half home for another meal. Just because the food is in front of you doesn't mean that you have to eat it all in one sitting. Try ordering your meal and sharing it with the person who accompanied you. Use a salad plate instead of a dinner plate and see if that is better portion size. Bowls are getting bigger, so get dessert bowls for your cereal. Just get smaller dishes.

CHEWING YOUR FOOD

Health starts in the digestive system. If you don't chew your food adequately, it will show up in your bowel movement in chunks. The proper way to eat is slowly, to enjoy your food, and to chew your food until it is small enough to swallow with ease or is liquid. The stomach does not have teeth, so to process food in the digestive system, you must start at the beginning by chewing your food. Chewing helps to aid in better digestion, and digestion begins in the mouth. Saliva aids in the digestion process. You do the work, so the rest of the body doesn't have to work too hard. Enjoy your food and taste the food. Start to taste your food and enjoy the flavours and smells. Chew between 40 and 100 times a bite. Try it and see if your body or digestion system thanks you. It will take you longer to eat, and you will feel fuller faster, and you will eat less and maybe lose weight or at least not gain any more. Put your fork down between bites and taste your food. Make a meal a treat and enjoy the process. Gulping your food down is going to affect your digestive system and cause health concerns down the road. Do you take 3-4 bites and then swallow your food? If so, next time you eat, take your time and breathe while eating and chewing. Slow down and chew your next meal and see how you feel afterwards.

FOOD DIARY

Food Diary This is a food chart to monitor what you are eating and your emotions throughout the day. Fill in all the blank spaces. Date _____

Morning Time _____

Beverages _____

Food and portions _____

How did you feel after you ate?(gasey,bloated, tired) _____

Did you stand or sit when you ate? _____

What was your mood before/after you ate? _____

Did you prepare the food? _____

Lunch Time _____

Beverages _____

Food and portions _____

How did you feel after you ate?(gasey, bloated, tired) _____

Did you stand or sit when you ate? _____

What was your mood before/after you ate? _____

Did you prepare the food? _____

Dinner. Time _____

Beverages _____

Food and portions _____

How did you feel after you ate? (gassy, bloated, tired) _____

Did you stand or sit when you ate? _____

What was your mood before/after you ate? _____

Did you prepare the food? _____

Any snacks you ate throughout the day? _____

MINDFUL EATING

When I say be mindful of your eating, I mean pay attention to where you are eating and how you are eating. Make sure you are not eating standing up or eating in your car. When you do this, you are eating quickly and not making sure that you are eating a healthy meal. Try eating at a table and noticing the flavours of the food. When chewing your food properly, this helps to make you recognize when you are full.

Portion Control = Less Calories

PROTEIN AMOUNTS

Protein values for raw and cooked foods

Optimal protein needs per day are about 10% of daily calories

A 1600-2000 calorie diet would require about 40-50g of protein (average woman)

A 2000-2400 diet would require about 50-60g of protein (average male)

1 Banana = 1 - 2g

1 cup blackberries = 2g

1 cup blueberries = 1g

1 cup grapes = 1g

1 cup mango = 1g

1 Avocado = 4g

1 cup broccoli = 4g

1 cup asparagus = 3g

1 cup potatoes = 3g

1 cup kale = 2g

1 cup portobello = 5g

1 cup white button = 4g

1 cup brown crimini = 3g

1 cup oyster = 3g

1 cup shiitake = 2.5g

1 cup tempeh = 19g

1 cup lentils = 18g

1 cup adzuki beans = 17g

1 cup kidney beans = 16g

1 cup chickpeas = 15g

1 cup quinoa = 8g

1 cup steel cut oats = 7g

1 cup buckwheat = 6g

1 cup brown rice = 5g

1 cup corn kernels = 5g

3 Tbsp hemp seeds = 10g

1/4 cup peanuts = 9g

1/4 cup almonds = 8g

1/4 cup flax seeds = 8g

1/4 cup sunflower = 7g

CARBOHYDRATES

Carbohydrates are the body's optimal source of fuel for energy and proper function.

Whole plant foods like fruits, vegetables, grains and beans provide the best healthy carbohydrates and make up most of our diet for best health, weight, healing and prevention.

Whole plant foods provide healthy carbohydrates in the form of starch, sugars and fiber.

Fiber optimally supports our weight, cholesterol, blood pressure, intestines, digestion, elimination, cleansing and detoxification, and reduces the risk of cancer, diabetes and heart disease.

Fruits are the easiest and fastest to digest, most cleansing and in alignment with the human body.

Whole vs. Refined and Processed Grains

The more refined and processed grain is, the more problematic it becomes for our health.

Focus on eating whole grains, like buckwheat, brown rice, quinoa, oats, etc.

Minimize eating processed whole grains, like whole-grain pasta, cereals, bread and crackers.

Avoid eating refined processed grains, namely all pasta, cereals, bread, pastry and other dough products made of white flour.

DAIRY-FREE FOR YOUR HEALTH AND WELL-BEING

Humans are the only animals to consume milk beyond their weaning stage - milk from another species with drastically different growth and development needs.

Milk, including all dairy, is one of the most allergenic and difficult to digest foods.

Dairy contains hormones and other drugs, GMOs, pesticides and other toxins.

Dairy is associated with: an increased risk of conditions like accelerated ageing, weight problems, kidney stones, skin conditions, constipation, diabetes, heart disease, hormonal imbalance, Parkinson's disease, rheumatoid arthritis, ulcerative colitis, multiple sclerosis, and prostate, breast and other cancers.

Animal farming is a vital contributor to the destruction and pollution of our land, water and air.

Non-dairy milk options include almond, cashew, coconut and hemp milk.

Regular physical movement and a nutrient-dense alkalizing diet from whole plant foods will give us good bone health results.

TIPS TO HELP YOU

1. *Take things one step at a time.*
2. *Keep learning.*
3. *Build a solid dietary foundation.*
4. *Shop and prepare meals consciously to avoid food waste.*
5. *Read packaged food's preparation instructions.*
6. *Use timers and alerts for successful meal preparation.*
7. *Have an appropriate plan of action.*
8. *Be kind to yourself.*
9. *Be dynamic and creative with your meal preparation.*
10. *Do weekly meal planning.*
11. *Create a shopping list.*

QUESTIONS

Will you change your portion size to aid in losing weight

What foods can you remove your your diet?

What foods can you incorporate into your diet?

Will you slow down and chew your food more?

Will you start to make your own meals?