

“Get Your Plate in Shape”

Week 3: All about food choices, cont.

What's Your Food Personality?

The Food Personality Quiz is a fun, creative way to determine how you prefer to cook and prepare meals.

Meal planning can be easier if you understand how your food personality influences the way you cook. Whether you love cooking or dread walking into the kitchen at mealtime, this Food Personality Quiz will help you better understand your food and cooking style and will provide strategies to help you prepare healthy meals.

Your Food Personality Quiz results include our recommendations for recipes and healthy lifestyle tools that best match your food and cooking style, as well as tips and suggestions. Saving your Food Personality Quiz results allows you to come back and find your healthy food recipes and suggestions anytime you are ready to cook or plan meals.

The Food Personality Quiz will also generate a list of recipes based on your food preferences – making healthy food choices at mealtime a snap.

[Start the Food Personality Quiz now](#) and find your food personality

What are my best calorie choices?

(Page 3 of *Activity & Eating*)

Last week we talked about choosing nutrient-rich foods as an important consideration to make when deciding which foods to fill your cart with. Another consideration can be the cost – the best nutrition bang for your buck! This brings us to personalizing your food choices. We talked about starting your day with breakfast and cooking at home, but another great way to have control over what foods you choose and how much you spend is by bringing a lunch each day for work.

Let's start with the main course; leftovers make a great lunch the next day! A classic option is the sandwich. This can be as simple as a classic PBJ or as sophisticated as sliced ham and fresh veggies on homemade bread. Also refer to:

[Get Packin' Tips for a Healthy Lunchbox \(PDF\)](#)

Don't forget to add:

- Vegetable, like lettuce and tomato on a sandwich
 - Fruit, such as an apple or grapes
 - Whole grains, such as wheat bread or whole grain crackers
 - Low-fat milk and milk products, such as a yogurt or string cheese
- When picking out a beverage, refer to these tips: [ReThink Your Drink \(PDF\)](#)



Portion Distortion

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Five easy ways to downsize your servings:

1. Trim your trigger foods - Most people typically overeat two or three favorite foods, such as pastas, breads, snacks or sweets. Cutting portions of foods that are high in calories helps you manage your weight.
2. See less, eat less – Typically we eat whatever portion is placed in front of us. For snacks, place them in a reasonable of the food in a small bowl rather than eating mindlessly out of the bag or container. When eating out, ask the server to put half of your entrée in a container for you to take home.
3. Shrink your plates – Eat on a smaller plate helps you curb your portion while still filling satisfied.
4. Create your own after-meal ritual – brush your teeth, chew a piece of sugarless gum or sip a hot drink. These rituals can be cues to stop eating and curb the impulse to indulge in seconds or dessert.
5. Try practicing mind over munching – overeating is often a psychological problem, so here are a couple of ideas that may help:
 - ✓ Think of filling your plate with nutrient rich food such as vegetables, fruit, and low-fat dairy. You'll get a large volume of food (and feel full) for relatively fewer calories.
 - ✓ Many of us are programed to eat in “units” (one sandwich), so if that sounds like you, stick to small units, such as make a half of a sandwich or save half right away for later or another day.

Portion Distortion

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Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies
	Palm 3 ounces	Meat Fish Poultry
	Handful 1 ounce	Nuts Raisins
	2 Handfuls 2 cups	Raw leafy greens
	Thumb 1 ounce	Peanut butter Hard cheese
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise Butter, sugar
	Fist 1 cup	Milk 100% Juice

Guess the calorie difference!

20 Years Ago



1 cups spaghetti
with sauce &
3 small meatballs

Today



2 cups spaghetti
with sauce &
3 large meatballs

Guess the calorie difference!

20 Years Ago



1.5 ounces

Today



4 ounces

525 more calories!

This would require 2 ½ hours of house cleaning to burn off the extra calories

290 more calories!

This would require 1 ¼ hours of walking to burn off the extra calories

To learn more about portion sizes, listen to our very own 15 minute Lunch and Learn about portion sizes:

<http://www.healthyeating.org/Health-Wellness-Providers/Workplace-Wellness/Nutrition-Lunch-Learn.aspx>