



## Lesson 4

# Everything in Moderation

Some foods are healthier than others; however, there are no "good" or "bad" foods. All of your favorite foods can fit into a well-balanced diet with a little planning. Moderation is the key, and it will allow you to avoid that deprived feeling associated with the word "diet." By the end of this program, you should be able to make healthy choices without sacrificing the foods you love.

*The food I can't live without:*

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*Ways to include it as part of a well-balanced diet:*

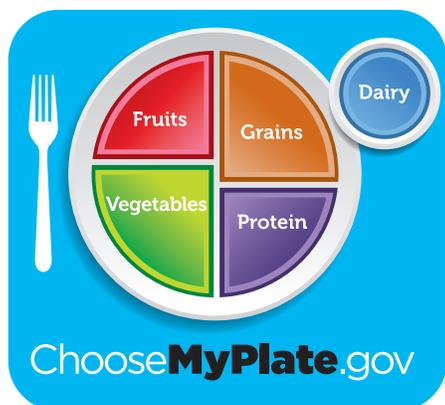
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### Look at your plate

A serving size is not determined by how much you decide to put on your plate. It is important to strike a balance between higher-calorie foods and more nutrient-dense foods such as fresh fruits and vegetables. A good rule of thumb is to visualize your plate before filling it up. MyPlate recommends that half of the plate should be reserved for fruits and vegetables and the other half should consist of grain products (at least half of them whole grains) and lean meats, beans, or an equivalent protein source.

### Listen to your body

Keep in mind that the more you initially put on your plate, the more likely you are to consume excess calories. Thus, the size of the plate does matter. This is because of the general tendency to clean one's plate. Try using smaller plates and go back for more if you are still hungry. This is where listening to your body is key. Many people eat quickly and continue eating past the point of fullness. By stopping when you feel satisfied and avoiding the urge to finish everything on your plate, you will automatically consume fewer calories.



## Other equivalencies:

A small hand holding a tennis ball = one serving of yogurt or chopped fresh greens. This is equivalent to 1 cup.

A teaspoon of margarine = the size of the tip of your thumb to the first joint.

A tennis ball = one serving of pasta. This is equivalent to 1 cup.

A 9-volt battery = 1 tablespoon of peanut butter.

A compact disk = 1-ounce slice of bread

## How to estimate a serving



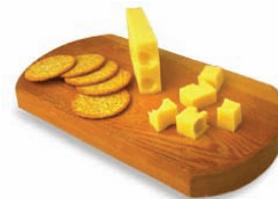
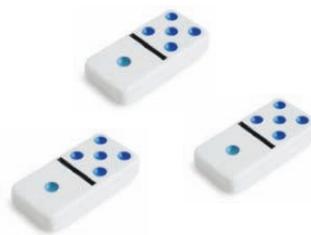
1 deck of cards = 3-ounce serving of meat



1 baseball = 1 cup fruits and vegetables



1 hockey puck = 3-ounce bagel



3 dominoes = 1 1/2 ounces of natural cheese, such as cheddar



computer mouse = medium potato



## Tips for controlling portion sizes

- Try not to serve food “family style.” Instead, portion everything onto plates in advance.
- When snacking, avoid eating directly out of the bag or carton. This can lead to mindless eating with no way to determine exactly how much you have consumed.
- Practice estimating portion sizes using common objects, as listed above. If desired, use measuring cups for accuracy.

## Guide to strength training

Although your reasoning for beginning a strength-training program may differ from someone else's, it is an important tool to complement aerobic exercise. Muscles serve as the body's main stabilizers and allow you to complete daily tasks such as lifting a sack of groceries or pushing the lawn mower.

## The benefits

Strength training provides a number of benefits. It raises your metabolism, allowing you to burn calories long after your workout



is over. It increases your energy and makes you less prone to injury. Strength training can also decrease your blood pressure and risk of chronic diseases such as osteoporosis and diabetes.

### Weight training

More repetitions of less weight will tone muscles and build endurance, while fewer repetitions of more weight will build bigger muscles. The American College of Sports Medicine recommends choosing a resistance that allows completion of at least 12 to 20 repetitions with good form. Slowly work your way up to a heavier resistance that allows for the completion of 8 to 12 reps. Strength training is recommended two to three times a week and should target all major muscle groups. Major muscle groups include shoulders, arms, thighs, calves, abdomen, and back. Remember to stretch your muscles both before and after strength training.

### Ways to incorporate strength training at home

- Purchase items like dumbbells and ankle weights for home use.
- Perform exercises using household items such as full 16-ounce water bottles or 16-ounce cans of fruits, vegetables, or beans. Sixteen ounces is equivalent to 1 pound.
- Use your own body weight as resistance in exercises such as push-ups, squats, and lunges.
- Lift your toddler up and down repeatedly as part of a game.

### *This week's Move Into Health action plan*

## Take-home assignment

Did you know the standard serving sizes of certain popular foods have increased over time? Take the portion distortion quiz below to see how portions have changed from 20 years ago. You may be amazed at how these changes can impact your overall daily caloric intake. Circle the number you believe best represents the calories for “today’s” portions.

#### 20 years ago

1. 8-ounce coffee, 45 calories  
(with whole milk and sugar)

#### Today

- 16-ounce mocha coffee,  
100 or 350 calories (with steamed  
whole milk and mocha syrup)



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**20 years ago**

2. 2 medium pizza slices, 500 calories



3. chicken Caesar salad, 1½ cups, 390 calories



4. 5 cups popcorn, 270 calories



5. 2.4-ounce french fries, 210 calories



**Today**

2 large pizza slices, 850 or 1000 calories



chicken Caesar salad, 3½ cups, 650 or 790 calories



tub of popcorn, 520 or 630 calories



6.9-ounce french fries, 610 or 650 calories



To find out more about portion distortion and to take more quizzes, go to <http://hp2010.nhlbihin.net/portion/>

Answers: 1. 350; 2. 850; 3. 790; 4. 630; 5. 610



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

MF2964

September 2011

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.