

— BE —
PORTION
SIZE
— WISE —



SMALL CHANGE, BIG DIFFERENCE

Find out how to be **#PortionSizeWise**
derbyshire.gov.uk/portionsizewise



BE PORTION SIZE WISE

No matter how healthily you eat, you can still put on weight if you're eating too much.

Did you know that overeating by just 100 calories a day can lead to an 11lb increase in weight in a year? That adds up to nearly four stone in just five years.

To make matters worse, food serving sizes today are far bigger than they were 30 years ago – this means we're consuming a lot more than we used to.

In fact, many of us no longer know what makes a normal portion – a problem known as portion distortion.

*We've launched a new campaign and it all starts with a very simple message – be **#PortionSizeWise***

We're encouraging people to think about how much they're eating and then ask themselves if it's the right amount or too much.

Portion control is simply about eating the food you enjoy – but just eating less of it. Cutting down a bit can make a big difference to your weight and your overall health.



SERVING vs PORTION

While the two terms are often used interchangeably they actually mean different things.

When we're talking about reducing portion sizes it's probably helpful to know the difference between a serving and a portion.

*A **serving** is a standardised, measured amount of food or drink. It can usually be found on the front of food packaging along with other nutritional information.*

*A **portion** is the amount of food that you actually choose to eat for a meal or snack. This may be more, or less, than a recommended serving.*

Many foods that are advertised as a single portion often contain multiple servings – normally the food label will tell you how many servings the food contains. Whether you're eating in or dining out, there are still ways that you can keep control over how much you're eating.

We've put together simple ideas to help you make portion control part of your everyday routine.

SAVVY SHOPPING

Keeping control of what's on your plate starts with what you're putting in your shopping trolley. So before you head out of the door, plan ahead.

Make a shopping list

This simple task can make a big difference. Sticking to a list means you're far less likely to buy things you don't need.

The whole family might be more willing to try new, healthier foods when they helped pick them.

Don't shop on an empty stomach

If you're shopping on a full stomach you're far less likely to grab high sugar, quick fixes. So always eat before you hit the supermarket aisles.

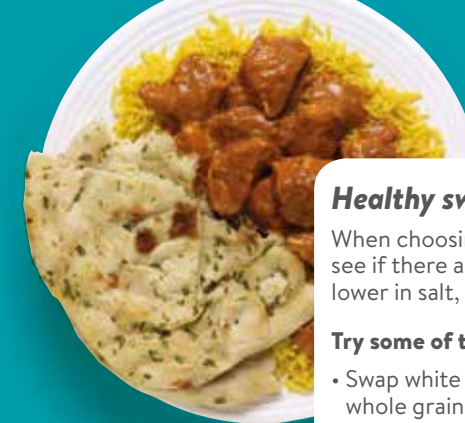


Stick to small servings

Don't be tempted by value meals or supersized servings. They may be good value for money, but they're often not good in terms of the extra calories they may contain.

Check the labels

Food usually has a recommended serving size and lots of nutritional information on the packaging. Take a look – it might make you think twice about what you're putting in your basket.



Healthy swaps

When choosing your meals and ingredients see if there are healthier versions which are lower in salt, fat and sugar.

Try some of the following swaps:

- Swap white breads, bagels and muffins for whole grain varieties
- Swap creamy or cheesy sauces for tomato or vegetable-based sauces on your pasta
- Swap sugar-coated breakfast cereal for a whole grain breakfast cereal such as porridge
- Swap soured cream for Greek style yogurt.

For more healthy swap ideas visit
derbyshire.gov.uk/portionsizewise



TAKE THE CHALLENGE

A small change can make a big difference. Take the two week challenge and be **#PortionSizeWise**.

Pledge to reduce your portion sizes for a fortnight and see if you notice a difference.

Sign up to the pledge and find more information about portion control, healthy eating and meal planning at derbyshire.gov.uk/portionsizewise



EATING IN

When you're at home it can be hard to make the right decision on portion sizes.

Pre-portion your foods

Don't snack directly from a box, bag or container that contains multiple servings of food. Try to measure out the right amount and don't be tempted to stick your hand back in for one more nibble.

Weigh your food

Use kitchen scales to weigh your ingredients or use measuring cups to help you stick to the suggested serving sizes.

Eat with smaller plates and bowls

Downsizing your plates and bowls can make a big difference in how you perceive your portions. You'll eat less but still feel satisfied.

Eat slowly

It takes about 20 minutes for your stomach to tell your brain you're full. When you eat fast, it's easy to overeat, so put on the brakes and take your time.

Turn off distractions

Eating in front of the TV or playing on your phone can mean you eat more without noticing or enjoying your food. Switch off your gadgets, take time to savour your food and make meal time more of an experience.



EATING OUT

Our tips will help you enjoy going out for a meal without breaking the calorie bank.

Read the menu online

Look up the restaurant's menu to work out the lower-calorie options and figure out your expected calorie intake.

Our Heart of Derbyshire scheme lists local restaurants and takeaways who offer smaller portions and use less salt and sugar. For details visit derbyshire.gov.uk/heartofderbyshire

Don't skip a meal

Stick to your daily meal routine to keep your appetite under control throughout the day.

Stick to one course

It's perfectly acceptable to have just a main course. Try to stop eating before you feel overly full.

Downsize your portions

To avoid eating too much, order a starter and a side dish as your main course instead of one of the larger mains on the menu.

Avoid fried food

Look out for grilled, roasted, poached, steamed or baked dishes instead of deep, shallow, pan fried, battered or foods with pastry bases.

Beware of high-calorie salads

Even healthy salads can hide sneaky high fat ingredients. Watch out for calorific dressings and toppings such as croutons, cheese and bacon.

Share dessert

If you can't resist dessert, share with a friend. Choose a fruit based sorbet or frozen yogurt instead of ice cream.

BALANCING ACT

We know that healthy eating is about more than just portion control. So if you want to take the next steps in perfecting your eating habits then why not try balancing your diet.

Five food groups make up a balanced diet.

Eating a balanced diet can improve general wellbeing and reduce the risk of conditions such as coronary heart disease, stroke, type-2 diabetes and some types of cancer. It can also help manage your weight.

There's lots of ways of making sense of a balanced diet. The plate below illustrates the different types of food that make up a balanced diet and the proportions you should eat them in.

Find out more about balanced diets and healthy eating at derbyshire.gov.uk/portionsizewise



Five food groups make up a balanced diet:

- 1 Bread, rice, potatoes, pasta & other starchy foods
- 2 Fruit & vegetables
- 3 Milk & dairy
- 4 Meat, fish, eggs, beans and other non-dairy sources of protein
- 5 Food and drink high in fat and/or sugar.

BE SNACKING WISE

If you're trying to cut down your portion sizes, you might be tempted to reach for higher calorie snacks between meals instead.

However, depending on what you chose, snacks can form part of a healthy diet. They can also stop you over eating at meal time by ensuring you don't get too hungry throughout the day.

Instead of reaching for high salt, fat or sugar snacks why not try some of these healthier alternatives instead?

Bread, rice, potatoes and pasta

Carbs and starchy foods can often be a good snack choice provided you chose wisely. Try a plain or fruit scone, a handful of rice crackers or half a bagel with low-fat cheese spread.

Seeds & nuts

Protein rich foods can also be a good option for snacks. They can help us feel fuller for longer. Why not try a small handful of mixed-nuts or a tablespoon of seed mix on top of low fat yoghurt.

Fruit and vegetables

Fruit and veg offers an array of healthy, easy to grab snacks and will help you reach your target of five a day too.

Remember: Dried, tinned and frozen fruit and vegetables all count towards your five a day.

Milk and dairy

Snacking on low-fat dairy options can help make sure you get all the nutrients you need. Try cottage cheese and plain crackers or a fruit smoothie made with semi-skimmed milk.

