

Week 3: Walk to Wellness

Portion Distortion

Eating Fewer Calories

Three ways to help eat fewer calories:

1. Eat high-fat and high-calorie foods less often.
2. Eat smaller amounts of high-fat and high-calorie foods.
3. Eat low-fat and low-calorie foods instead of high-fat, high-calorie foods.

Menu Makeovers

Choosing low-fat and low-sugar foods will help you reduce the fat and calories you eat.

Measurement Basics

Measurement	Abbreviation	Equivalent
Cup	c	8 ounces or 16 tablespoons
Tablespoon	T or Tbsp	3 teaspoons
Teaspoon	t or tsp	The amount in a regular size spoon
Ounce	oz	28 grams
Gram	g	The weight of a paper clip

Tips for Weighing and Measuring Food

Weighing and measuring foods is important for keeping track of how much you eat. Use the following tips to figure out the most exact amount.

Use a metal or plastic measuring cup for solid foods.

- ✓ Fill and level off the ingredient before you write down the amount.

Use a glass measuring cup for liquids.

- ✓ Read the line showing how much is in the cup at eye level.

Use a scale for meat, fish, cheese, bread, pasta, rice.

- ✓ Weigh meat after it is cooked.
- ✓ Remove the fat and bone before you weigh meat or fish.
- ✓ Remember: 4 oz of raw meat equals 3 oz cooked meat. 3 oz is about the size of a deck of cards.

Use measuring spoons for both solids and liquids.

- ✓ Level off solid ingredients before you write down the amount.