



FAMILY AND CONSUMER SCIENCES

Newsline



September & October 2007

Choctaw County

Portion distortion can cause people to eat more than they need

Bigger is not always better, especially when it comes to portion size. Over the past 20 to 30 years, portion sizes have grown dramatically.

In fact, portion sizes have gotten so big they result in our losing track of how much we eat, said Deana Hildebrand, Oklahoma State University Cooperative Extension Service nutrition specialist.

For example, a person may think she just had a bagel for breakfast, when in reality she had a bagel large enough to serve two or three people.

“Consumers have gotten so used to seeing larger portion sizes, both at home and at restaurants, that when they see a normal sized portion, it seems very small,” Hildebrand said. “One reason portion sizes have gotten larger over the years is that dinner plates and bowls are made larger these days. We fill our plate full and presto – we have portion distortion. Rather than just eating until we are full, most of us simply eat the amount of food that is put on the plate. Adults are not the only ones to succumb to portion distortion. Children are affected by it, too.”

Eating more calories than are needed results in weight gain. Eating just 100 calories too many each day can add 10 pounds per year. Years ago, a hamburger from a fast food restaurant contained about 2.8 ounces of meat and just over 200 calories. Today’s fast food hamburgers weigh approximately 4.3 ounces and contain 310 calories.

If consumers want smaller portions when eating out, Hildebrand suggests sharing large entrees with a friend. Another strategy is to put half of the portion in a takeout container before you start eating and having that portion for another meal. Also, children’s menus feature smaller portions.

“Keep in mind there is a difference between portion size and serving size,” she said. “A portion is what you serve yourself or what a restaurant gives you. In reality, a portion is usually larger than a serving size. To help determine the right amount of food to consume, check the Nutrition Facts on the packages of all foods.”

One way to help visualize serving sizes is to compare it to something else. The palm of the hand is about the same size as 3 ounces of meat. The thumb or a domino is the size of 1 ounce of cheese. An ounce of nuts is a small handful. A large handful equals about 1 ounce of shredded cheese.

A baseball is the size of 1 cup of leafy, raw vegetables, a medium apple or orange, a cup of ready-to-eat cereal, 1 cup of yogurt or a cup of cooked, dry beans.

Keep in mind that serving sizes for children are generally about half the size of an adult serving.

Hildebrand said another way to keep a handle on portion sizes is to look at how much space specific foods take on your plate. Half of a dinner plate should be filled with fruits and vegetables; a quarter with whole grains and a quarter with meat, fish, poultry or cooked dried beans.

“It’s important for consumers to know that there aren’t any ‘bad’ foods out there. It’s more about how much we eat, not what we eat. Reading labels, recognizing appropriate portion sizes and eating a wide variety of foods in moderation will help ensure a healthy lifestyle,” Hildebrand said. “By following the USDA MyPyramid and keeping portion sizes under control, you can still have that occasional treat to satisfy your sweet tooth.”



Encourage Kids to Eat More Fruits & Veggies



Eating fruits and vegetables is part of a healthy diet for both children and adults. Finding creative ways to encourage fruits and vegetables in your child's diet can be fun for the entire family.

There are more fruits and vegetables available in fresh, frozen, canned, and dried forms than ever before. Taking the time to introduce

10 Ways to Help Kids Eat More Fruits & Veggies

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.
2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits or add frozen fruits to smoothies.
3. Set a good example. Snack on fruit and order low-sodium, low-fat salads, soups, or vegetable sides when at restaurants.
4. Pack the refrigerator, freezer and cupboard with pre-cut, frozen and canned vegetables so that it is easier for you to prepare meals and snacks that include vegetables.
5. Challenge family members to reach their daily
6. Ask that fruits and vegetables be offered at school functions, after school programs, and in vending machines.
7. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.
8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.
9. Keep trying. For some foods, it may take multiple times before a child acquires a taste for it.
10. Encourage friends or relatives to offer vegetables and fruits to your children.

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

Fruity Breakfast Parfait

Breakfast is an easy time to include fruits in a child's diet. This easy breakfast parfait is as fun for kids to make as it is to eat!

- 2 cups chopped fresh pineapple or canned
- 1 cup frozen or fresh raspberries, thawed
- 1 cup low-fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds. (Makes 4 servings).

**Nutrition info per serving: Calories 207kcal; Fat 4.2g; Sodium 42mg; Carbohydrates 41g; Fiber 5g; Protein 5.6g; Vitamin A 2%; Vitamin C 70%; Calcium 15%; Iron 4%*

Resource: Fruits and Veggies Matters

SEPTEMBER

National 5 A Day Month

To find out how many fruits and vegetables you need plus more recipes ideas, please visit:
www.fruitsandveggiesmatter.gov



Nutrition & Food Preparation Classes

Held every Tuesday
10:00 a.m.
Choctaw Co. Library, Hugo



Presented by the OSU Cooperative Extension Service and the Community Nutrition Education Program (CNEP).

Ready to Read . . . Ready to Learn



Reading with a child is one of the most special gifts you can give. By starting early, you will build a child’s life-long interest in books and a hunger for learning that can lead to success in school and anything else they do later in life.

Make time to read together each day. Choose a time when you can be relaxed and not rushed. Give yourself time to read slowly so that your child can enjoy and absorb the story. Be sure to let them ask questions as you read. You may also want to ask your child questions. This helps you check their understanding of the story and encourages memory development.

When you read together often, you learn about the types of books a child likes and understands. Look for books that relate to what’s happening in the child’s life at the time.

Babies & Toddlers – Books with brightly colored pictures of simple objects are good. So are wordless books and books with simple words. Board & cloth books are good for this age.

Pre-school and Kindergarten – Books with word repetition and pop-up books are good. This age likes Mother Goose, nursery rhymes and stories about familiar objects.

Early School Years (Ages 5-8) – Picture books and books that uses familiar words they use everyday are good for this age.

Older Children (Ages 9-12 and older) – Most children this age read independently. Select books that fit the child’s personality, preferences, and interests. Look for whether they are appropriate for the child’s age and maturity level.

Help children be ready to read and learn by:

- Reading to your baby every day. Hearing words over and over helps your child become familiar with them.
- Using sounds, songs, gesture and words that rhyme to help your baby learn about language and its many uses.
- Pointing out the printed words in your home and other place you take your child, such as the grocery store.

- Taking children’s book and writing materials with you whenever you leave home.
- Creating a quiet, special place in your home for your child to read, write and draw.
- Setting a good example for your child by reading books, newspapers and magazines.
- Limiting the amount and type of television you and your child watch.
- Make regular visits to the library and pick out books together or attend special reading events.



Preschool Story Time
 Thursday mornings, 10:30 am
 Choctaw County Library, Hugo
“Each preschooler must be accompanied by an adult.”

The time and attention you give your child has many benefits in addition to helping him be ready for school.

THANK YOU

For all for your support and help with the Choctaw County Fair.

Fair Superintendents:
 Kathy Hood Maria Langford
 Ann Page Mary Duke
 Joyce Haney Argy Kerr
 Karen Wyrick

Volunteers:
 Wanda Dupler Judy Whitworth
 Dinah Strawn Martha Hengley
 Laverda Johnson Gina Barnett

Fair Kitchen
 Sherri Vansickle and
 all the county OHCE members

OHCE Happenings . . .

OHCE Communication Group Planning Meeting

*Pushmataha, Choctaw, McCurtain, Atoka and Coal
Counties*

Thursday, October 11, 10:00 am
OSU Extension Office, Hugo

Choctaw County OHCE will host the meeting. We are asking our members to bring refreshments. There will be a county Executive Meeting at 9:00 am.

OHCE State Leadership Training

October 25, Thursday
9:00 am – 3:00 pm

Clarion Convention Center, Oklahoma City

The leadership training will offer county officers and potential leaders a learning experience where you will gain expertise in officers' duties and in turn share training experiences with local groups and members.

OHCE Educational Tour “An Affair of the Heart” Craft Show

October 26, Friday
State Fairgrounds, Oklahoma City
Admission Fee: \$6.00

NOTE: This will be an overnight trip. We will be lodging at the Clarion Convention Center on Thursday evening and then attend the craft fair on Friday. Pre-registration is required for both events with a deadline of Monday, October 1st by contacting Tommie M. James, FCS Extension Educator.

OHCE Educational Tour Beavers Bend Folk and Fall Festival

November 9, Friday
Broken Bow

OHCE Holiday Program

Lunch-n-Learn
Thursday, November 15
12:00 noon
OSU Extension Office, Hugo



The Choctaw County Fair



Congratulations to the Boswell Extension Homemakers on winning 1st place on their OHCE booth. Carol Winters, club member poises with booth.



Elizabeth McKee, Buckhorn, with her blue ribbon canned goods.

Family & Consumer Science Newline is published as one way of communicating educational information to the citizens of Choctaw County:

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County Web Page:

<http://www.county.okstate.edu/choctaw/>



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