

# Avoid Portion Distortion

## With MyPyramid's Specific Guidelines

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Portion sizes have gotten bigger over the past 20 years, and so are Americans! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act — try to balance calories in with calories out.

The new MyPyramid gives more specific guidelines about the types and AMOUNTS of foods to eat than the previous Food Guide Pyramid.



## Portion Distortion

20 YEARS AGO      TODAY      DIFFERENCE



333 Calories



590 Calories

**257 MORE CALORIES**

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories\* *\*Based on 130-pound person*



500 Calories



850 Calories

**350 MORE CALORIES**

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories\* *\*Based on 160-pound person*



500 Calories



1,025 Calories

**525 MORE CALORIES**

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories\* *\*Based on 130-pound person*

20 YEARS AGO      TODAY      DIFFERENCE



85 Calories



250 Calories

**165 MORE CALORIES**

Working in the garden **35 MINUTES** burns approximately 165 calories\* *\*Based on 160-pound person*



210 Calories



500 Calories

**290 MORE CALORIES**

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories\* *\*Based on 130-pound person*



270 Calories



630 Calories

**360 MORE CALORIES**

Doing water aerobics for **1 HOUR AND 15 MINUTES** burns approximately 360 calories\* *\*Based on 160-pound person*

# MyPyramid Tells You Exact Amounts

The amounts below are daily totals for a 2,000 calorie diet.

## Fruits



**Eat the equivalent of 2 cups of fresh, canned or frozen fruits**

Note this equivalent:  
• ¼ cup dried fruit = ½ cup fruit

## Vegetables



**Eat the equivalent of 2½ cups of raw or cooked vegetables**

Note this equivalent:  
• 2 cups raw leafy greens = 1 cup of vegetable

## Dairy Products



**Consume 3 cups of fat-free or low-fat milk or equivalent milk products**

Ages 2-8: 2 cups / Ages 9 & up: 3 cups

Equivalents:  
• 8 oz. milk • 1½ oz. natural cheese  
• 1 cup yogurt • 2 oz. processed cheese

## Grains



**Eat 6 ounce-equivalents**

3 ounce-equivalents or more of **whole-grain products**. The remaining grains should come from **enriched** or **whole-grain products**.

Equivalents:  
• 1 slice bread • 1 cup ready-to-eat cereal  
• ½ cup cooked pasta, cooked rice or cooked cereal

## Meat & Beans



**Eat 5½ oz. (or equivalent) of lean meat, poultry or fish**

Equivalents:  
• 1 oz. meat, poultry or fish  
• ¼ cup cooked dry beans or peas  
• 1 egg  
• 1 tablespoon peanut butter  
• ½ oz. of nuts or seeds

Calculate recommended amounts of foods for a personalized MyPyramid Plan for YOUR calorie level at MyPyramid.gov



## Keep an Eye on Your Portion Sizes

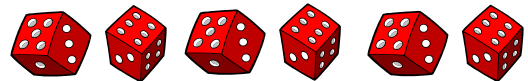
Here are some ways to “eyeball” food portion amounts:



1 teaspoon = tip of a thumb to the first joint



1 tablespoon = 3 thumb tips



1½ ounces\* of natural cheese = 6 dice

\* Equivalent to 1 cup milk

(2 oz. processed cheese – 8 dice – also are equivalent to 1 cup milk)

3 oz. cooked meat, fish, or poultry = a deck of cards



To view a slide show and/or to download a PowerPoint presentation which expands on this article, go to <http://lanaster.unl.edu/food>

Source: U.S. Department of Agriculture's <http://mypyramid.gov>

Adapted from the University of Nebraska-Lincoln Extension.

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