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12 Acton/Georgetown, Friday, November 25, 2005

Health, Beauty & Fitness

Be portion-size wise: Think about what you are eating

Type of Food	Appropriate Serving Size	Compared to the size of a...
Fresh fruit or vegetable	1/2 to 1 of medium size	baseball
Dried fruit	60 mL or 1/4 cup	golf ball
Baked potato with the skin	1 of small size (170g)	computer mouse

For many, overweight and obesity is a growing concern. Oversized portions are but one of the many causes being blamed for our ever-increasing waistlines. Research suggests that over the past two decades, the sheer amount of food being consumed has skyrocketed.

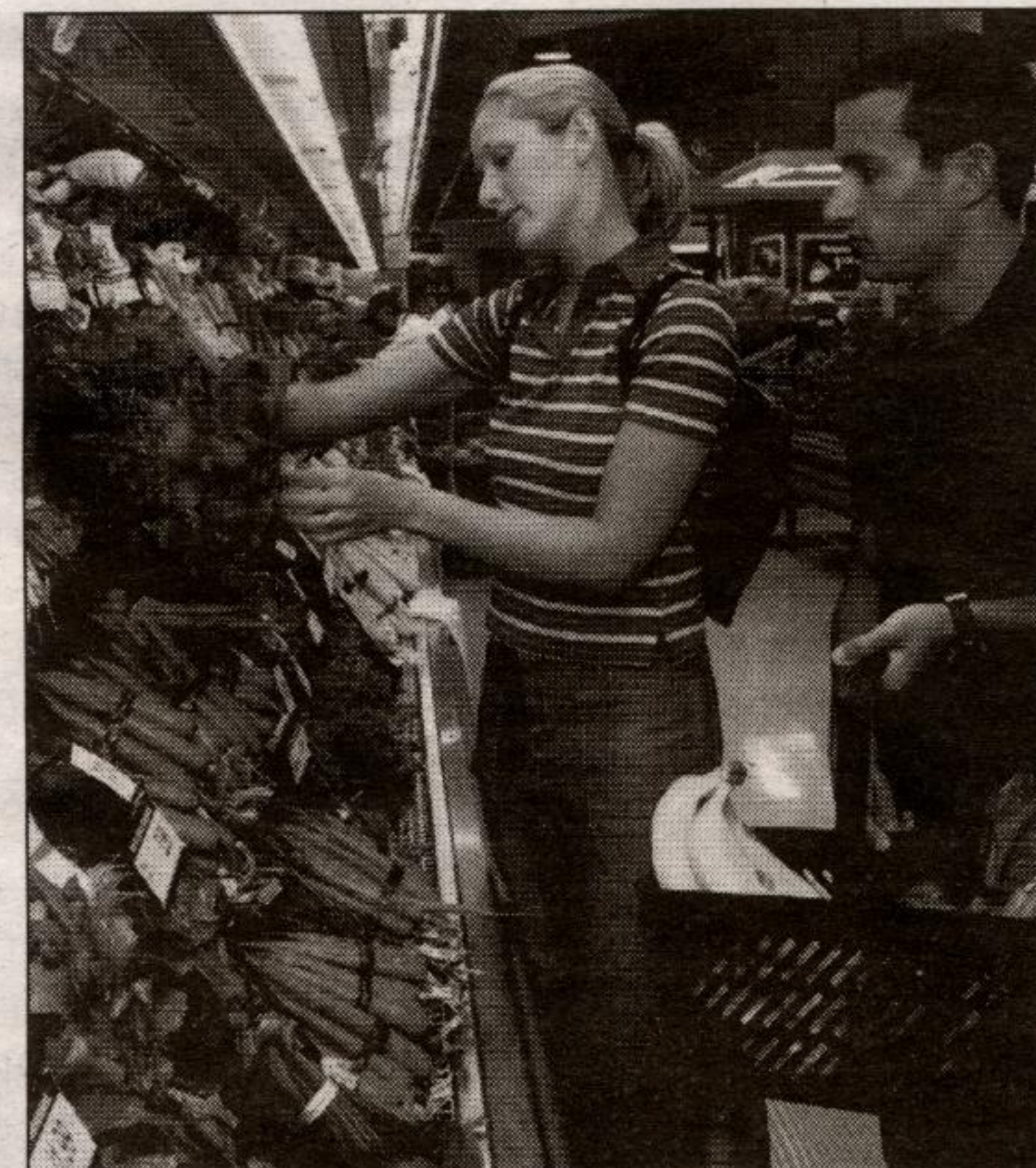
When eating out, up-sizing an order for just pennies more may seem like a good deal or no big deal...these usually end up being unwise decisions. When it comes to portions, bigger doesn't necessarily mean better. With larger sizes, people tend to overeat simply because "the food is there" and over time, the calories add up.

Think about the Vegetable and Fruit group in Canada's Food Guide to Healthy Eating. The Guide recommends five to 10 servings or "choices" daily from this important group that supply vitamins and minerals essential for good health.

"Finding the balance between prepared foods that are convenient and those that are good for you can be a challenge," said Kim Arrey, Registered Dietitian. "Many people believe they need to cut out their favourite foods in order to maintain a balanced diet. This is not always true."

Potatoes are a favourite vegetable among many Canadians. A small, skin-on potato, the size of a computer mouse, is only 130 calories and is an excellent source of potassium and vitamin C, and a source of fibre and iron. Potatoes contain no saturated or trans fat or cholesterol and are low in sodium.

But what about the right portion for French fries that are also a Canadian favourite? A serving of oven-baked French



fries is 19 pieces or 85 grams. A serving of oven-baked French fries provides only 130 calories and 4 grams of fat. A portion this size is also a source of potassium, vitamin C, iron and fibre. It is also trans fat and cholesterol free and low in saturated fat.

"Healthy eating is about moderation, not deprivation," said Arrey.

She advises:

- eat sensible portions of the food you enjoy and balance food choices over a day or two;
- eat slowly and savour the flavour;
- avoid "clean your plate syndrome"
- reduce fat content by choosing foods that are trans fat-free and low in saturated fat.



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