

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

SUMMARY: PORTION SIZES

- WE EAT WHAT'S IN FRONT OF US!
- EAT AT THE TABLE WITH NO DISTRACTIONS (TURN OFF TV)
- MEASURING OUT YOUR FOOD CAN BE HELPFUL TO DETERMINE APPROPRIATE PORTION SIZES
- SMALLER PLATES AND BOWLS
- REMEMBER "WASTE OR WAIST"
- ASK FOR DOGGIE BAG WHEN ORDERING AT RESTAURANTS
- PLATE YOUR FOOD IN THE KITCHEN TO AVOID LARGE BOWLS OF FOOD IN FRONT OF YOU AT THE TABLE
- INCREASE VEGETABLES IN YOUR COOKING TO INCREASE THE "VOLUMETRIC" EFFECT

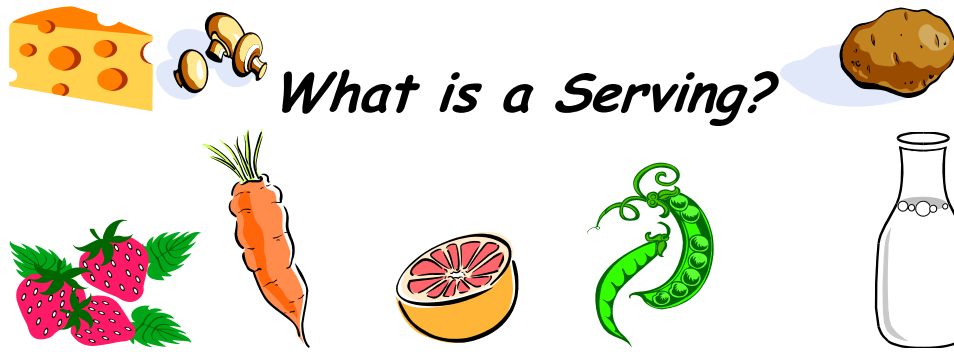
Portion Homework

Dish Description	Measured capacity	What do I put in this dish?	How many servings is that?

Foods to measure this week:

Pick 5 foods that you commonly consume and will likely eat this next week. Before eating measure the portion you typically consume and determine number of servings. We suggest you measure the following type of foods: salad dressing, mayo, butter, nuts, rice, pasta, cereal, meats

Food	Your Portion	Number of servings



What is a Serving?

This amount of food...	Looks like...
Small baked potato	A computer mouse
3 oz of meat, poultry or fish	A deck of playing cards or a computer mouse
1-1/2 oz cheese	Six dice
1 oz meat	A match box
3 oz of grilled fish	A checkbook
1/2 cup of pasta, rice, cooked vegetables, or cooked cereal	a cupcake wrapper
1 cup of greens	a tennis ball
Medium apple or orange	A baseball (hardball)
1/4 cup of raisins	A large egg
1 oz of cheese	Four dice, or a tube of lipstick
1 slice of cheese	Computer disk
1 tsp margarine or butter	The tip of a thumb
2 Tbsp peanut butter	A ping pong ball
1 tortilla	A small (7") plate
1 pancake or waffle	A 4" CD
1, 4" bagel	A hockey puck
4 small cookies (like vanilla wafers)	4 casino chips