



Knowing How Much to Eat

About This Kit

In previous kits you learned about *what* to eat. Choose a variety of grains, fruits, and vegetables that are good sources of complex carbohydrates. Avoid foods high in fat. Your Heart Institute Prevention and Rehabilitation Centre (HIPRC) Food Diary lists specific “Foods to Choose” and “Foods to Decrease/Avoid” in each of the food groups.

Now it is time to focus on *how much* to eat. In this kit you will:

- Step 1.** Know what determines how much you need to eat
- Step 2.** Know the serving size for common foods
- Step 3.** Record servings of food in your Food Diary

Step 1

Know What Determines How Much You Need to Eat

You can measure how much you eat by *servings* (cups, ounces, mL, or grams) or *calories* (units of energy). Either way, how much you need to eat depends on several factors including:

- *Your goals* – whether you are trying to lose weight, maintain your current weight or gain weight.
- *Your size* – larger, heavier people need more calories than smaller, lighter weight people.
- *Your gender* – men usually need more calories than women, even if their weight is exactly the same. This is because men have more muscle than women. Muscle is active tissue and uses more calories.
- *Your activity level* – active people need more calories than people who are inactive.

In a previous kit, you learned about energy balance. Fill in the energy balance equations below:

1. Calories In (Food)	equals	Calories Out (Basic Living and Physical Activity)	=	_____ Weight
2. Fewer Calories In (Food)	and	More Calories Out (Basic Living and Physical Activity)	=	_____ Weight
3. More Calories In (Food)	and	Fewer Calories Out	=	_____ Weight

Answers: 1) Maintain; 2) Lose; 3) Gain

You can't change your gender, and you can't change your height or body frame size, but you can change your activity level, the amount of calories you eat, and your weight. Once you achieve your healthier weight goal, *if you continue to be physically active*, you will be able to eat more calories and still maintain a healthy weight. Your mentor will provide a meal plan to help you know how much to eat each day to achieve or maintain your healthier weight goal.

Step 2

Know the Serving Size for Common Foods

It is important to watch the calories you eat if you are trying to lose weight or maintain your weight. But counting calories can be complicated. The HIPRC program makes knowing how much to eat much easier by using servings of food in each of the four groups. If you eat the number of servings suggested by your mentor, you will be eating the number of calories you need to achieve or maintain your healthier weight goal.

To use your HIPRC Food Diary, you need to know how much food is contained in one serving. While you don't have to measure every serving precisely, you must realize one serving is not necessarily what you *serve* yourself!

Try this experiment. Get out a bowl and pour yourself the usual amount of dry cereal you would typically eat at breakfast. Don't pour on the milk. Use a measuring cup to determine exactly the amount of cereal in the portion you have served yourself.

Type of cereal: _____ *Amount in cups:* _____

The serving size for dry cereals is given as one ounce (30g) in weight. The weight will vary depending upon the type of cereal.

<i>One Ounce (30g)</i>	<i>Volume</i>
Flake cereal – corn flakes, wheat flakes, bran flakes	$\frac{3}{4}$ cup (175 mL)
Puff cereal – wheat, corn or rice puffs	1 $\frac{1}{2}$ cup (375 mL)
Granular cereal – All Bran®, All Bran Buds®, Grape-Nuts®, Muslix®	$\frac{1}{2}$ cup (125mL)

If you are like most people, your serving of dry cereal is more than one serving as defined by the Canada's Food Guide and your HIPRC Food Diary.

As you read through the list of serving sizes, note foods that are typically eaten as more than one serving. For example:

- Sandwich with two slices of bread = 2 servings
- Large bagel = 3 servings
- Whole English muffin = 2 servings
- Dinner salad = 1 $\frac{1}{2}$ cups (375mL) or 1 $\frac{1}{2}$ servings
- Beverage glasses = 8 to 12 ounces (250-375 mL) or 1 $\frac{1}{2}$ to 2 servings

I usually eat more than one serving of these foods at one time:

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Serving Sizes

Vegetables: 1 serving =

½ cup (125mL) of chopped raw or
cooked vegetables
1 cup (250mL) of leafy raw vegetables
½ cup (125mL) of vegetable juice

Fruits: 1 serving =

1 medium piece of fruit
½ cup (125mL) fresh, frozen
or canned fruit
¼ cup (65mL) of dried fruit
½ cup (125mL) 100% juice

Grain Products: 1 serving =

1 slice (35g) of bread
½ cup (125mL) of cooked rice, pasta or couscous
30g of dry cereal, such as ¾ cup (175mL) bran flakes
½ small pita or tortilla (35g)
½ hamburger or hot dog bun
½ English muffin or small bagel
¾ cup (175mL) of cooked cereal, such as oatmeal

Milk and Alternatives: 1 serving =

1 cup (250mL) of milk or soy beverage
¾ cup (175g) of yogurt
1½ ounces (50g) of cheese

Note: Choose lower-fat products more often

Meat and Alternatives: 1 serving =

2½ (75g) of cooked fish, poultry, shellfish, lean meat
½ cup (125mL) canned fish (tuna, salmon)
¾ cup (175mL) legumes (cooked dried beans, lentils, chick peas)
¾ cup (150g or 175mL) tofu
2 eggs
2 Tbsp (30mL) of peanut butter
¼ cup (60 ml) shelled nuts and seeds

Note: 2½ ounces (75g) of meat, fish, or poultry is about the size of a deck of cards

Fats, Oils, and Other Foods

Include a small amount of – 2 to 3 Tbsp (30to 45 mL) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

Know Common Measurements

1 tablespoon = 3 teaspoons = 15mL
1 ounce = 2 tablespoons = 30mL
1 cup = 8 ounces = 250mL
1 pint = 16 ounces = 500mL
1 quart = 2 pints or 4 cups = 1000mL
1 gallon = 4 quarts = 3.8L
1 pound = 16 ounces = .45kg
1 ounce = 28 grams
1 gram = 1,000 milligrams

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Know Common Abbreviations

c. = cup
t. or tsp. = teaspoon
T. or Tbsp. = tablespoon
oz. = ounce
pt. = pint
qt. = quart
lb. = pound
g = gram
mg = milligram

Step 3

Record Servings of Food in Your Food Diary

Your mentor will tell you the precise number of servings you should eat each day from each food group. This number of servings will provide the number of calories you need to achieve or maintain your healthier weight goal. It will also ensure you are getting all the nutrients you need for a healthy, balanced diet.

Review the serving sizes carefully. It is important that you record the number of servings accurately. If possible, measure your food in the beginning until you know the proper serving sizes.

Count only beverages that contain calories. Do not count water, tea without sugar, coffee without sugar or cream or cream substitute, or diet soft drinks. All other beverages count as servings of food. Fruit and vegetable juices count in those food groups. Fruit drinks and sweetened tea, coffee and soft drinks count in the “other foods” (fats, oils and sweets).

Record the number of servings of each food on a separate line in the appropriate food group. Be sure to show if you eat more or less than one serving. If you eat part of a serving, show the fraction such as $\frac{1}{4}$ or $\frac{1}{2}$.

If a food has several ingredients that count as servings, list them on separate lines and perhaps even in separate food groups. For example, a sandwich might have two slices of white bread, one ounce of turkey, one tablespoon of reduced calorie mayonnaise, one lettuce leaf, and one slice of tomato. Your entry would look like this:

<i>Bread group</i>	<i>2</i>
<i>Meat group</i>	<i>$\frac{1}{2}$</i>
<i>Other Foods</i>	<i>1</i>

Mayonnaise belongs to the “other foods.” The lettuce and tomato probably aren’t enough to count as servings.

Using the HIPRC Food Diary

Using the HIPRC Food Diary is especially important during the initial few weeks of your participation in HIPRC. Keeping food records will give you a good idea of how many servings from the different food groups you are actually eating compared to what you should be eating.

Some people enjoy keeping careful and detailed records of what and how much they eat on an ongoing basis. These people are often the most successful in eating healthy and achieving and maintaining a healthy weight. Some people don’t care for this type of record

keeping. If this sounds like you, we ask you to try using the HIPRC Food Diary for at least three to four weeks. It will take effort, but you will learn from the experience.

Record what you eat or drink immediately after eating. Then check how many servings still remain for each food group before you eat your next meal.

- Record the number of servings of each food on a separate line in the appropriate food group.
- Record only beverages that contain calories.
- List combination foods on separate lines and in separate food groups, if appropriate.

At the end of each day, total the number of servings you have eaten from each food group. Write the number in the square for that day. Compare what you ate to your daily servings goal.

Try to eat no more than the number of servings specified on your Food Plan. Be sure to eat a variety of foods within each food group.

Don't go hungry. Choose a healthy snack from one of the "happy face" groups if you get hungry between meals.

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Before Your Next Visit

In the time between your visits with your mentor, you should read and complete your educational kits. Use this sheet to record your work. Think of this as “homework.”

- Below are listed foods that are combinations of foods from several food groups. In which groups would you list each of these foods?

<i>Food</i>	<i>Food Groups</i>
1. Spaghetti with Meat Sauce	_____
2. Tuna Sandwich	_____
3. Cheese Pizza	_____
4. Grilled Chicken Salad	_____
5. Chicken and Vegetable Stir Fry	_____

Answers: 1. Meat, Grain Products; 2. Meat, Grain Products; 3. Grain Products, Dairy; 4. Meat, Vegetable; 5. Meat, Vegetable

- Complete the statements in “Check Yourself” to be sure you understand the key concepts in this kit.

Check Yourself

1. You can measure how much you eat by _____.
2. How much you need to eat depends on your size, gender, and _____ level.
3. Active people need more _____ than people who are inactive.
4. If your “calories in” and your “calories out” are the same, then you _____ your weight.
5. Once you achieve your healthier weight goal, if you continue to be _____, you will be able to eat _____ calories and still maintain a healthy weight.
6. A whole bagel or English muffin counts as _____ servings of grain products.
7. One serving of fruit or vegetable juice is _____ ounces or _____ mL.
8. One serving of corn flakes is _____ cup or _____ mL.
9. One serving of raw, canned, or cooked fruit or vegetable is _____ cup or _____ mL.
10. One serving of a dinner salad is _____ cup or _____ mL.
11. One serving of milk is _____ cup or _____ mL.
12. One serving of meat, poultry, or fish is _____ ounces or _____ grams.
13. One serving of _____ is about the size of a deck of cards.
14. One serving of cooked beans is _____ cup or _____ mL from the _____ group.
15. One egg is _____ serving from the _____ group.

Answers: 1) servings; 2) activity; 3) calories; 4) maintain; 5) active, more; 6) 2; 7) 4, 125; 8) ¾, 175; 9) ½, 125; 10) 1, 250; 11) 1, 250; 12) 3, 100; 13) meat; 14) ½-1, 125-250, meat; 15) 1; meat

Write questions for your mentor here.

