

Establishing a Starting Point

Lesson One

Record Keeping & Portion Control

To reach your fitness goals it is important to keep track of what you eat and when you eat it. If nutrients are available at proper times and in the proper quantities, your body can use them for energy to keep you feeling full, promote muscle growth, and burn fat.

Importance of Accuracy

Under eating or overeating may cause muscle tissue loss or fat gain. In order to reach your goals, both you and your Nutritional Coach need to know the amount of food you eat.

A way to increase your success is to keep a visual record of your accomplishments. This can be done by simply writing in a daily journal, included in this handbook. The journal works because it further holds you accountable to your daily behaviors. Therefore, if you write about your efforts, then you are more likely to follow through on your goals.

Generally, food journals are meant to be used for a whole week, but studies have shown that even keeping track of what you eat for 1 day can help you make changes in your diet.

Journal Guidelines:

Time:

Write the time of day you ate the food.

What kind:

Write down the type of food you ate. Be as specific as you can. Include sauces and gravy. Don't forget to write down "extras," such as soda pop, salad dressing, mayonnaise, butter, sour cream, sugar, and ketchup.

How much:

Record the amount of the particular food item you ate. Estimate the size, the volume, the weight, and/or the number of items of that type of food. Weigh meat and potatoes after they are cooked. Weigh pasta when it is dry OR measure volume when cooked.

Where:

Write what room or part of the house you were in when you ate. If you ate in a restaurant, fast-food chain or your car, write that location down.

Alone or with whom:

If you ate by yourself, write "alone." If you were with friends or family members, list them.

Activity:

List any activities you were doing while you were eating (for example, working, watching TV, ironing).

Mood:

How were you feeling while you were eating (for example, sad, happy, depressed)?

Helpful Hints:

1. Don't change your eating habits while you're keeping your food diary, unless your family doctor has given you specific instructions to do so.
2. Tell the truth. There's nothing to be gained by trying to look good in your journal. Your Fit Pro can help only if you record what you really eat.
3. Record what you eat each day. Keep your journal with you all day, and write down everything you eat or drink.
4. Do it now. Don't depend on your memory at the end of the day. Record your eating as you go. Be Specific. Make sure you include "extras," such as gravy on your meat or cheese on your vegetables.

- Estimate amounts. If you had a piece of cake, estimate the size (2" x 1" x 2"). If you had a vegetable, record how much you ate (1/4 cup or 2 cups?). When eating meat, remember that a 3-ounce cooked portion is about the size of a deck of cards.
- Be sure to bring the journal with you to each appointment.**

Accurately recording your eating habits will help determine how your recommendations should be altered if you reach a plateau.

Portion Control

One of the key ways to maintain a healthy weight is to control your portion sizes. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%. It's not enough to eat the right kinds of food to maintain a healthy weight. Eating the right amount of food at each meal is just as important. If you are a healthy eater, it is possible to sabotage your efforts by eating more than the recommended amount of food. A portion size is a specific amount of food, and it might be smaller than you realize.

How to Estimate Portion Sizes

Learn food weights, measurements and portions by using the chart below and by using a food scale, measuring cups, and spoons in your kitchen. Be particularly aware of portion sizes on your Individualized Menu.

Use the following examples to help determine portion size:

CHEESE - 1 ounce of cheese is about the size of 4 dice

FRUIT - 1 fruit serving is about the size of a baseball

VEGETABLES - 1 serving (1/2 cup) of vegetables 1/2 of a baseball

PASTA/RICE - 1/2 cup is equal to 1/2 of a baseball

FISH/MEAT - 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards

PEANUT BUTTER - 2 tablespoons of peanut butter is about the size of a large marshmallow

DAIRY - 1 serving (1 cup) of milk, yogurt or fresh chopped greens is a fist

BUTTER - 1 teaspoon is one pat of butter

BREAD - 1 ounce sliced, is equal to a CD case

SALAD DRESSING - 2 tablespoons is equal to a standard ice cube

POTATO - 12 ounces is equal to a Baseball

Complete...

The following activity will increase your knowledge on the topic of record keeping and portion sizes.

1. _____ ounces of a potato is about the same size as a baseball.

2. Pasta should be weighed when it is _____.

3. _____ ounces of chicken breast is equal to the size of a deck of cards.

4. In order to reach your goal it is important to record _____

_____.

5. Undereating or overeating may cause _____.

_____.

6. Potatoes and meat should be weighed _____.

_____.

Portions, Weights, Measures and Conversions

Dry Measures		Liquid Measures
3 tsp.	1 Tbs.	½ fl. Oz.
6 tsp.	2 Tbs.	1 fl. Oz.
4 Tbs.	1/4 cup	2 fl. Oz.
5 1/3 Tbs.	1/3 cup	2.7 fl. Oz.
8 Tbs.	1/2 cup	4 fl. Oz.
12 Tbs.	3/4 cup	6 fl. Oz.
16 Tbs.	1 cup	8 fl. Oz.
2 cups	1 pint	16 fl. Oz.
4 cups	1 quart	32 fl. Oz.
4 quarts	1 gallon	128 fl. Oz.

Volume Measures		
1 tsp.	1/3 Tbs.	1/6 fl. Oz.
3 tsp.	1 Tbs.	½ fl. Oz.
2 Tbs.	1/8 cup	1 fl. Oz.
4 Tbs.	¼ cup	2 fl. Oz.
5 ½ Tbs.	1/3 cup	2 2/3 fl. Oz.
8 Tbs.	½ cup	4 fl. Oz.
10 2/3 Tbs.	2/3 cup	5 1/3 fl. Oz.
12 Tbs.	¾ cup	6 fl. Oz.
14 Tbs.	7/8 cup	7 fl. Oz.
16 Tbs.	1 cup	8 fl. Oz.

Many foods increase in volume when they are cooked. Compare the dry and cooked measures of the following foods.

Food	Dry Measure	Cooked Measure
Barley	1 cup	3 ½ cups
Beans, dried	1 cup	2 cups
Buckwheat/Kasha	1 cup	2 ½ cups
Bulger Wheat	1 cup	2 ½ cups
Cornmeal	1 cup	3 cups
Lentils	1 cup	2 ¼ cups
Lima, baby	1 cup	1 ¾ cups
Lima, regular	1 cup	1 ¼ cups
Noodles	8 oz. Dry	4 cups
Oatmeal	8 oz. Dry	
Pasta		
Cooked firm	8 oz. Dry	4 ¼ cups
Cooked soft	8 oz. Dry	5 ¼ cups
Couscous	1 cup	2 cups
Rice	1 cup	3 cups
Rice, wild	1 cup	3 ½ cups
Whole wheat, grains/berries	1 cup	2 2/3 cups

Tips for making your Nutritional Coaching Program a *SUCCESS*

These are the key tips to follow daily that will help you stay on track. Try them out! They can play an essential role in helping you achieve your goals of ultimate leanness and energy.

- **Make a list** of the reasons you want to lose weight and keep it off forever. Display this list where you can refer to it frequently.
- Always eat five to six meals a day (eat every 2-3 hours)
- Prepare most of your meals in advance and minimize eating out.
- Avoid buffets and other places where there are many food choices—the more food choices you have the more you will eat!
- Know in advance what you are going to eat at every meal and have it readily available.
- Avoid eating quickly. Try to savor every bite.
- Avoid sugar and sweets like the plague!
- Avoid processed carbohydrates (white bread, white rice, pasta, cereal, crackers, chips, etc.)
- Eat sweet potatoes in place of potatoes.
- Eat more fiber. It keeps you full and stabilizes blood sugar levels.
- Eat healthy fats every day, but avoid saturated and trans-fats.
- Eat plenty of vegetables and two servings of fruit every day.
- Drink at least 6 – 8 glasses of water every day.
- If you get a craving, avoid eating for at least 15 minutes—cravings invariably disappear by that time.

Setting healthy goals at the start of a Fitness program can help you change and improve your physical activity and eating habits.

Set Goals and be SMART

S = specific. Is your goal to lose weight? To be more toned? To be healthier? Although these are good thoughts they are fuzzy, non-specific goals. Instead aim to lose 10 pounds, an inch from your hips or to do four 30-minute cardio sessions each week.

M = motivational. Do your goals excite you? Make you want to get up and go? Just like business goals, fitness goals need to charge you and motivate you enough to actually reach them!

A = attainable. Have you set realistic goals for yourself? It's one thing to stretch and reach for a goal. But if you're a size 10 and want to be a size 4, be honest with yourself—is that really doable for your shape and frame? For safe and healthy weight loss, try not to exceed a rate of two pounds per week.

R = relevant. Do your goals make sense for you today? Do they support the big picture of your life?

T = trackable. Once you've written down your goals you can aim for periodic due dates and check in points. It's easy to not reach a goal when we've assigned December 31st as the only—and final—due date.