

**Small Changes for Health 2006**

Week 14



As the portion size of foods in restaurants and delis has increased so have American waist lines. Over the last 40 years the portion sizes for foods and beverages have increased tremendously. Bagels, for example, used to be 2 to 3 ounces but have increased to 5 to 6 ounces creating a 200 calorie increase from the original size. Studies show that the larger the portion is, the more people tend to consume. With this in mind, it is important to monitor our portion sizes. One way to do this is to learn what a true portion is by reading the serving size on the nutrition facts label. Measuring portions of food prepared at home with measuring cups and spoons will help you see what a true portion looks like.

**Your Small Change: For this week, measure the portion sizes you eat at least 3 meals this week.**

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 14

**Your Small Change: For this week, measure the portion sizes you eat at least 3 meals this week.**

1. How many days did you do this activity? (Circle number of days below)

1    2    3    4    5    6    7

2. How hard was it to accomplish? (Check your answer below)

Very Easy     Somewhat Easy     Neutral     Somewhat Hard     Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes     No

4. Other Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.**

