

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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Kati's Tips - A Cure for Portion Distortion: Get to Know Your Serving

You can't really start eating better until you know how much of something you are eating. The amount you eat of something is typically referred to as the "**portion size**" while a "**servicing size**" is the recommended amount you should be eating. Many times these do not match up.

When trying to determine how much of a food you are eating, the food label is a great place to start. It shows you what ingredients are in your food and how much of each there are in a serving. But what is a serving? 1 bar, 1/2 cup, 1 Tablespoon, 3 ounces...the list goes on and on. Serving sizes can be listed many ways and unless you have a multitude of scales and measuring cups handy at all times, it can be very difficult determining whether you are actually eating the amount listed as a serving size.

Since most of us do not carry kitchen scales, measuring cups, or even food labels with us, learning how to identify appropriate serving sizes by sight is important. The best part? You can start visualizing proper portions by comparing them to common household items...some of which may be in front of you right now.

- Your fingertip = 1 teaspoon**
- A tube of lipstick or your thumb = 1 Tablespoon**
- A cassette tape = 1 piece of whole grain bread**
- A compact disc = 1 pancake**
- A large egg = 1/4 cup**
- A tennis ball = 1 cup**
- A golf ball = 1 ounce meatball**
- A deck of playing cards or the palm of your hand = 3 ounce serving of meat**
- A baseball = a medium piece of fruit**
- A hockey puck = 1 medium bagel**
- A set of four dice = 1 ounce of cheese**
- A computer mouse = 1 medium baked potato**

Now that you can better visualize what a serving size is for a variety of foods, you can begin eating the right amounts of them.

References/Resources:

1. Eyeballing Serving Sizes. RD411 Website. 2009. Available at: <http://www.rd411.com>. Accessed May 2010.
2. Portion Distortion! What is the Difference Between Portions and Servings? NHLBI's Portion Distortion Website. 2010. Available at: <http://hp2010.nhlbihin.net/portion/keep.htm>. Accessed May 2010

Catrina's Corner

Well, there will be a familiar face back at clinic and support groups. I know that so many of you have really missed having our fabulous dietician, Kati, around. The good news is that she's back and with even more ideas than before. So, be sure to see her at your next clinic appointment and definitely don't miss out on her next support group. She always cooks something delicious for everyone. And, if you haven't had the pleasure of getting to know Kati before she went on leave then definitely take the opportunity now that she's back. I promise you won't be sorry you did!



Clinic Dates

June 25, 2010
8:30am - 4:30pm

July 16, 2010
8:30am - 4:30pm

July 30, 2010
8:30am - 4:30pm



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - Food Safety at Home: Becoming the Safety Chef

Last month we started talking about the importance of food safety and the impact it can have on your health. Now that we know how to handle our foods properly, let us start talking about how to cook our foods safely.

All foods that you come into contact with are susceptible to bacteria; however, some are more susceptible than others. To keep all your foods safe, make sure to do the following:

Safe Food Preparation and Cooking Techniques

Wash your counters, sinks, and tables – Bacteria not only spreads from food-to-food contact, but from surface-to-food contact as well. Wash surfaces before, **in between**, and after meal preparation.

Helpful Food Safety Tip: Use paper towels to clean up messes instead of cloth rags. Cloth rags need to be washed in hot soapy water often to keep the bacteria away, but paper towels can simply be thrown

in the trash.

Keep your foods separate – When making meals that involve more than one ingredient make sure to keep raw foods separate from cooked. This helps decrease the spread of bacteria from one potentially hazardous food item to another. Prime culprits? **Raw meat, poultry, seafood, and eggs.**

Helpful Food Safety Tip: If you reuse a marinade that has been in contact with a raw meat, boil it before reusing it to kill any bacteria that may be present before applying it to a cooked meat.

Cook foods to the right temperature – Foods are considered “safely cooked” once they are heated to the USDA’s recommended safe internal temperature. For **steaks, roasts, and fish this temperature is 145°F**, for **pork, ground beef and egg dishes this temperature is 160°F**, and for **chicken breasts and whole poultry this temperature is 165°F**.

Helpful Food Safety Tip: Use a food thermometer to measure the

internal temperatures of foods. Check the temperature in multiple locations within the food to make sure it is adequately cooked throughout.

By following these tips you are yet one step closer to becoming a food safety expert. Keep



yourself and your family safe this spring by preparing and cooking foods the safe way. After all, food can only be good for you if it is safe to eat.

References:

US Dept of Agriculture Food Safety and Inspection Service. *Food Safety for People with HIV/AIDS: A Need To Know Guide for Those Who Have Been Diagnosed with HIV/AIDS*. Available at: <http://www.gchd.org/NFSEM/f08hiv.html>. Accessed April 24, 2010.

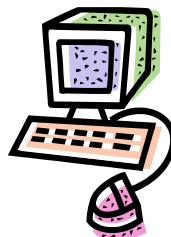
Support Group

June 21, 2010	To Be Announced
July 19, 2010	Picnic
August 16, 2010	Cooking with Kati
Sept. 20, 2010	To Be Announced
Oct. 18, 2010	Patient Dinner - Dr. Gulick
Nov. 15, 2010	Cooking with Kati

Support Group meets 1:30-3:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com
www.cmdhd.org
www.aidsinfo.nih.gov
<http://aroundthepatenutrition.blogspot.com>



Questions? Comments? Concerns?

Contact:

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