

Healthy eating means smaller portions throughout the day

By Kathryn Reed

Bagels the size of hockey pucks and muffins the size of eggs. That's what a single serving is.

Finding out bagels and muffins from coffee houses and restaurants count as several servings did not seem to sit well with some of the women as they ate breakfast.



Nutritionist
Amber Wilson
talks about
smaller
portions -- on
plates and in
glasses.

Photo/Laurie
Brazil

When registered dietician Amber Wilson told the group of women last week that filling a smaller wine glass would be a good idea, it was met with chuckles like that suggestion isn't about to happen.

"Most people have an emotional connection to food," Wilson told members of Soroptimist International Tahoe Sierra.

She said it's best to eat when hungry, which is likely to mean having several small meals throughout the day.

Wilson also said no watching TV, no emailing and no reading while eating. This will allow for enjoying the experience of eating.

To demonstrate how better to enjoy food she had each woman put an M&M in her mouth and close her eyes. The idea was to pay attention to the taste, smell, texture – to notice what it felt like swallowing and if while eating it evoked any feelings besides hunger.

“You need to focus on what food tastes like,” Wilson said. She added that by doing so it will result in making healthier food choices.

Eating fruits, vegetables and protein are critical, she said.

“A lot of diet related foods have fillers in them. A lot of times they take out the fats and put in other things to make it taste good. Those are usually sugars,” Wilson said.

She recommends keeping a food journal to be accountable for what one eats. People tend to avoid bad foods when they know they have to write it down.

Wilson was asked how to get people to eat better.

“You have to have a realistic conversation about their health and the risks. But if they don't want to change, you won't get them to,” Wilson said.

In addition to paying attention to what is being consumed, where it's eaten and how much, Wilson is a big believer in being active for 30 to 60 minutes a day.

“The best kind of exercise is the exercise you like,” Wilson said.

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