TELL ME HOW MUCH TO EAT: QUANTITY DOES MATTER!

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WHAT ARE THE ISSUES?

• Athletes are NOT portion savvy
• Some shortchange themselves with inadequate servings of foods whereas other athletes are supersizing
• Our world is too generous when it comes to portions so as a result, a “normal” portion looks very tiny!
ISSUES

• Where are athletes eating?
• What are they doing while they eat?
• What are they eating?
• When are they eating?
• What are realistic recommendations?
IMPLEMENTATION

• For athletes interested in increasing mass, or decreasing body fat it is important to track what one eats to get a real idea of what is consumed.
REALITY CHECK

• Biggie fries = biggie thighs
• 2 ounce muffins are now 6 to 8 ounces
• A 165 calorie bagel is now 400
• A $\frac{1}{2}$ ounce cookie which has 60 calories is being replaced by gourmet 4 ounce, 500 calorie cookies
• 6 oz cola bottle ( 75 calories) is now 64 ounces ( 800 calories)!!!
WHAT TO RECOMMEND

• Athletes who are trying to lose weight should:
  • Familiarize themselves with serving sizes
  • Run from mega, monster, giant portions
  • Share!
  • Take 2/3 of the meal home
  • Order an appetizer as the entree
WHAT ELSE?

• “Diet” frozen dinners are getting bigger
• Serving sizes in cookbooks are bigger
• Cupholders in cars are bigger
• 1/3 of Americans take more than the recommended dose of an OTC med or supplement!
• If it’s there, we will eat it
• Biggie eyes= biggie thighs
WHAT CAN YOU DO?

• Educate athletes about portion sizes:
  – Head sized plate
  – Fists
  – Palms/computer mouse
  – Thumbnail
  – Thumb
  – Tennis ball
  – CD/DVD cases
OTHER SUGGESTIONS

• Teach athletes how to read a Nutrition Facts label

• The IMPORTANT information is on the second and third line, ie.
  – Serving size
  – Servings per container
# How to Read a Nutrition Facts Label

Macaroni & Cheese

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Limit these Nutrients</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Get Enough of these Nutrients</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Quick Guide to % DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>5% or less is Low</td>
</tr>
<tr>
<td>20% or more is High</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
THE FOOD GUIDE PYRAMID

- Use to illustrate the concept of a total day of eating, not just individual foods
- Can demonstrate balance, variety, and portions
- Goal is some of each, not selective eating
- Helps to educate athletes about the importance of these foods for performance
FOOD GUIDE PYRAMID
SERVING SIZES

• Grain based foods (6-11/day)
  – 1 oz bread
  – 1/2 cup pasta, cooked
  – 1/2 cup rice, cooked
  – 1 ounce cereal
SERVING SIZES

• Fruits and vegetables
  – 1/2 cup cooked, 1 cup raw, 1 piece fruit, 6 oz juice

• Protein foods
  – 2-3 oz beef, poultry, fish; 1/2 cup beans/tofu; 1 egg; 1/3 cup nuts = 1 oz protein

• Dairy
  – 1 cup milk/yogurt; 1-1/2 oz cheese
SERVINGS COMPARED TO THE FOOD GUIDE PYRAMID

• Linguine Marinara from Olive Garden is equal to 9 1/2 grain servings
• Slab of ribs from Houlihan’s is equal to 7.5 meat servings + 7 servings of fries (70!)
• Chicken Fajita Quesadillas from Chili’s is equal to 2 meat servings and 7 grains
OTHER TEACHING TOOLS

• Fast food information
• Snack food bags
• Soda bottles
• Different types of cereals, ie. Granola vs Cheerios
• Various size glasses, mugs, utensils, bowls and plates
GOOD RESOURCES

• USDA Food Guide Pyramid:  
  www.cnpp.usda.gov

• The American Dietetic Association:  
  www.eatright.org

• National Dairy Council:  
  www.nationaldairycouncil.org
BOOKS

• Volumetrics by Barbara Rolls

• Picture Perfect Weight Loss by Dr. Shapiro
BOTTOM LINE

• The Three Bears approach to eating:
  – Not TOO MUCH
  – Not TOO LITTLE
  – but JUST RIGHT
CONTACT INFORMATION

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