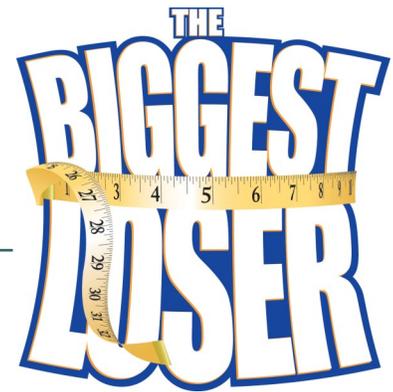


# Biggest Loser @ Work



WEEK 3 (Oct 2-9)



## Portion Control - Start with 2 Things

### (1) How many servings of each food group to eat, each day?

CFG suggests we eat: 7 fruit/veg, 7 grain, 2 milk & 2 protein, servings per day.

#### Recommended Number of Servings per Day

	Adults			
	19-50 Years		51+ Years	
	Female	Male	Female	Male
Vegetables and Fruit	7-8	8-10	7	7
Grain Products	6-7	8	6	7
Milk and Alternatives	2	2	3	3
Meat and Alternatives	2	3	2	3

### How Are We Doing?

CF -2.95%  
 KW -2.06%  
 SM -2.05%  
 SL -2.05%  
 JT -1.89%  
 TD -1.76%  
 BA -1.71%  
 NS -0.84%

### (2) How big should each serving be?

#### ONE SERVING =

##### Vegetables and Fruit

125 mL (½ cup) fresh, frozen/canned veg/fruit or 100% juice  
 250 mL (1 cup) leafy raw vegetables or salad  
 1 piece of fruit

##### Grain Products

1 slice (35 g) bread or ½ bagel (45 g)  
 ½ pita (35 g) or ½ tortilla (35 g)  
 125 mL (½ cup) cooked rice, pasta, or couscous  
 30 g cold cereal or 175 mL (¾ cup) hot cereal  
 Pasta/noodles, whole grain 125 mL, ½ cup - cooked

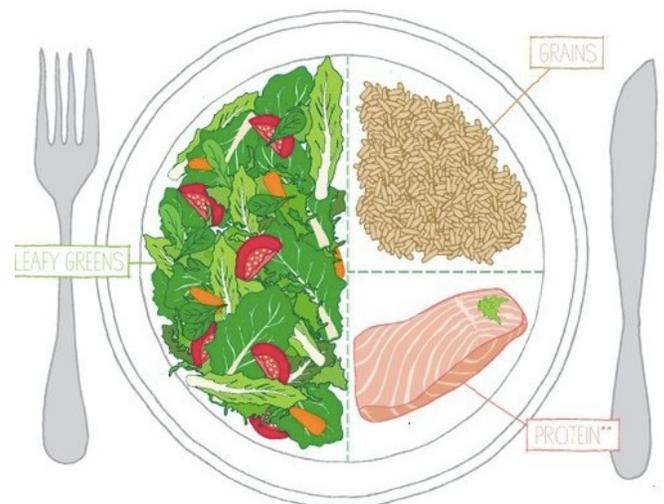
##### Milk and Alternatives

250 mL (1 cup) milk or fortified soy beverage  
 175 g (¾ cup) yogurt  
 50 g (1 ½ oz.) cheese

##### Meat and Alternatives

75 g (2 ½ oz.)/125 mL (½ cup) cooked fish/poultry or lean meat  
 175 mL (¾ cup) cooked beans  
 2 eggs  
 30 mL (2 Tbsp) peanut butter

THIS IS HOW YOUR PLATE SHOULD LOOK



Yup, you're gonna need measuring cups (which you probably already have) and a food scale to make this really work!

Since most of us don't follow such stringent guidelines and we eat portions much larger than this, simply by following some of these recommended serving sizes and portions, from each food group, you will (or you should?) lose weight. Use this only as a guideline as this needs to be adjusted based on your current weight and level of activity. Read more here: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php>

## Write it Down - Keeping a Food Journal

If you KNEW that you'd lose MORE weight by keeping a food journal, would you *try* it?

A recent study following 1,800 men and women over a six-month period showed that those who kept a food diary **lost 50 percent more weight** than those who did not. Is it maybe worth a try?

The problem is in our lives, we tend to eat more than we *think* we do. We underestimate the exact amount of our daily intake because we ignore portion size (usually much larger than what we think), any grazing we do (such as taking a handful of gummies from a candy bowl) and we forget about fluid calories. Once you start writing down everything you eat and drink can you accurately know how much you are consuming each day. It's not THAT hard; all you need is the time and commitment to track everything you put in your mouth. Honestly, it's really just about commitment.

Studies show that tracking your food intake for a week or more yields the best results, but even recording your food for *one* day can make a difference. Once you get into the habit of writing it all down, it becomes second-nature and part of your meal planning and preparation.



If you decide to commit to trying food journaling, be specific and track everything. Write it down before or while you are eating. Do not rely on memory because at the end of the day, chances are high that you'll forget something "minor."

Write down **every** meal and snack, specifically. Write down exactly what you consumed, and how much you ate.

For example:

### 7am Breakfast

- 1/2 cup Raisin Bran cereal
- 1/2 skim milk
- 1/2 blueberries
- 1 hard boiled egg



*Be honest. If you under-report your food consumption; you're only lying to yourself.*

Don't forget to record what you drink! There are calories in many things we drink and if you're tracking your water in-take, your food journal is a good place to write down how much water you're drinking too.

### For Technical Folks

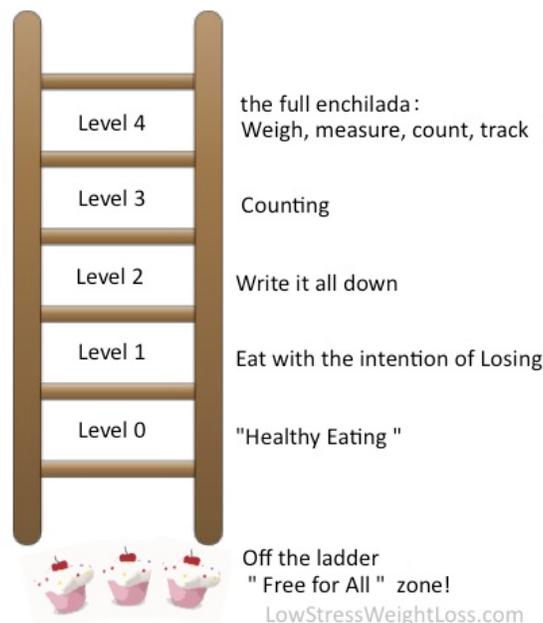
There are several apps that allow you to track your food intake. So if you prefer to do this online or on your mobile device instead of paper, that's an option. Many of these apps will give you a breakdown of exactly how many calories, fat, sodium, sugar, fiber, protein (+ all the nutrients) you are consuming. Usually the apps take awhile to get used to (and to get your favourite foods stored in the database) but once you have it setup some people enjoy recording their food journal in this manner. My-Fitness-Pal is a very popular app/website for food and activity tracking.



## Why Write it Down?

1. Learn how to control your calories
2. Understand your sources of calories
3. Get a feel for portion control
4. Identify situations where you binge
5. Provides a hard, objective record
6. Accountability to yourself
7. Makes you "stop before you chomp" as you're going to have to write that food down if you eat it!
8. You can look back on a "good" or "bad" weight loss week to see what you ate that week to either repeat it or avoid repeating it.

## Food Journal Ladder



Will you decide to commit to Food Journaling this week?