REACH for REAL FOOD

Re-defining Food Groups, Portions & the Concept of “Moderation”
What do you know about food groups?

Write down the main food groups on your card.
What seems to be the problem?

1. Food groups are not categorized by how they affect the body.

2. Portions are severely overestimated in real life.
Four Main Food Groups

- Fiber
- Protein
- Fat
- Carbohydrates
Flavor is influenced by seasonality, ripeness when produce is picked, exposure to sun, water, growing conditions, plant stress and the physiology of our personal palate.
Vegetable Portions:
2-3 servings per meal

A SINGLE SERVING LOOKS LIKE...

COFFEE MUG

2 CUPS LEAFY GREENS (TIGHTLY PACKED)

2 cups leafy greens = 1 serving

½ Cup = 1 Serving

½ cup cooked = 1 cup raw = 1 serving
How many servings of vegetables?

- 2 cups spinach
- ¾ cup roasted broccoli-cauliflower mix
- ¼ cup diced raw tomatoes
- ½ cup chickpeas
- 1/3 cup quinoa
- 1/8 of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

3 servings of vegetables!
Four Main Food Groups: Proteins
Protein Portions:
1-2 servings per meal

3-4oz=1/2 cup=1 serving
How many servings of protein?

- 2 cups spinach
- ¾ cup roasted broccoli-cauliflower mix
- ¼ cup diced raw tomatoes
- ½ cup chickpeas
- 1/3 cup quinoa
- 1/8 of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

1 serving of protein!*
How many servings of protein?

2 servings of protein!
Four Main Food Groups: Fats
Fat Portions:
0-1 per meal

¼ cup almonds=3 Tbls.=1 serving
1 Tbls. almond butter=1 serving

1 tsp. oil=1 serving

¼ avocado=2 Tbls avocado=8 olives=1 serving
How many servings of fat?

- 2 cups spinach
- ¾ cup roasted broccoli-cauliflower mix
- ¼ cup diced raw tomatoes
- ½ cup chickpeas
- 1/3 cup quinoa
- 1/8 of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

1 serving of fat!
Four Main Food Groups: Carbohydrates
Carbohydrate Portions:
0-1 per meal

½ cup fruit or starchy vegetables=1 serving

1/3 cup grains=1 serving
How many servings of carbohydrate?

- 2 cups spinach
- ¾ cup roasted broccoli-cauliflower mix
- ¼ cup diced raw tomatoes
- ½ cup chickpeas
- 1/3 cup quinoa
- 1/8 of an avocado
- Balsamic vinegar as dressing
- 2 Tbls. raw almonds on the side

1 serving of carbohydrate!
The Portion Size Illusion

Which plate contains the most food?

See where extra veggies comes in handy now?
How many servings?

Chicken Salad Lettuce Wraps

- 4oz diced chicken
- ¼ cup plain yogurt mixed with salt, pepper, garlic and curry powder
- 1 cup diced celery and cucumber
- ¼ cup chopped grapes
- 3 Tbls. slivered almonds
- 3 Bibb lettuce leaves

*Almost 2 servings vegetables
*1 ½ servings of protein
*½ serving of carbohydrate
*1 serving of fat
What does a moderate amount of pizza mean to you?
the myth of
Moderation

Learning to say no in a culture of indulgence.

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Write on the backside of your card:

1. What are the 4 main food groups?
2. How many servings per meal of each?
3. What is the approximate serving size of each?

Please turn in your cards as you leave.
Homework

Use measuring cups and/or your hands to measure portions of what you are eating. Take pictures. Track your intake as often as possible.

- On paper
- On our form
- With your phone (notes or camera)
- Using an app (Bitesnap, MyFitnessPal, Lose)