

# Nutrition FUNdamentals

## From portion distortion to smart size

Week 2

## Employer Guide

With Week 1 of **Nutrition FUNdamentals** behind them, your employees are ready to move to the next level and learn about portion control. Even healthy foods can pack on the pounds if you eat too much of them.

Learning about portions will help your employees gain a better understanding of what an appropriate serving size is. This goes a long way in creating an eating plan that is based on their recommended calorie requirements.

In Week 2, your employees will get helpful tips about serving sizes and proper portions as well as how serving sizes have changed over the past 20 years. They can even test their knowledge by taking a quiz about portion distortion.

### Week 2 handouts

**The great plate debate** – Watch your portion sizes!

**Operation portion control** – You may be eating more than you realize.



**BlueCross BlueShield of Texas**

*Experience. Wellness. Everywhere.™*



# Steps for success



## **Distribute Week 2 handouts**

Inform your employees about portion distortion and how today's larger portion sizes can affect their health.

## **Coordinate the employee e-mail**

Send the portion distortion teaser e-mail to your employees. This communication promotes a quiz that allows your employees to test their serving size knowledge through a link to the National Heart Lung and Blood Institute (NHLBI) Web site: <http://hp2010.nhlbihin.net/portion/keep.htm>.

## **Promote online tools and resources**

Inspire employees to think about portion sizes and tailoring them for a healthier diet by promoting the Personal Health Manager's *Eat Right* nutrition planning tool as a helpful source for suggested menus and portions. This is one of the many wellness resources available online from Blue Access® for Members.

## **Remind employees of MyPyramid resources**

Encourage your employees to continue to visit the *MyPyramid* food gallery at [www.mypyramid.gov](http://www.mypyramid.gov) for additional information on food groups and serving sizes.

## **Put Nutrition FUNdamentals to work**

Consider having employees bring in glasses, plates and bowls to measure the different serving sizes.

Now that your employees know about portion control, they're well on their way to better nutrition. Week 3 of Nutrition FUNdamentals will take employees even further with more fun facts to help them master food label lingo.