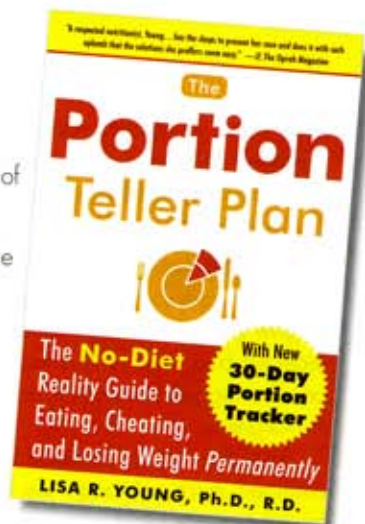


PORTION DISTORTION

See how portion savvy you are by answering the following questions excerpted from "The Wheel of Portion Quiz" in Dr. Lisa Young's *The Portion Teller Plan* (Broadway Books, 2005).

1. A typical deli/bakery bagel is equal to approximately _____ slices of bread (and servings of grains).
a. 2
b. 3
c. 5
d. 8
2. A take-out order of your favorite Chinese food comes with a side of rice. How many cups does that portion of rice contain?
a. 1/2 cup
b. 1 cup
c. 2 cups
d. 3 cups
3. How many standard grain servings are in that side of rice?
a. 1
b. 2
c. 3
d. 4
4. A 1/2-cup serving of cooked rice looks like:
a. a golf ball
b. 1/2 baseball
c. a baseball
d. a walnut
5. A hot pretzel from a street vendor is equivalent to:
a. 6 bread slices
b. 6 small (1 ounce) bags of pretzels
c. 18 cups of popcorn
d. all of the above
6. How many standard servings does a typical restaurant entrée contain?
a. 2
b. 4
c. 6
d. 8
7. A medium popcorn at the movie theater contains:
a. 4 cups
b. 7 cups
c. 12 cups
d. 16 cups
8. Approximately how many standard grain servings does this popcorn translate into?
a. 2
b. 5
c. 8
d. 1; it's only one bucket

Reprinted with permission from the book, *The Portion Teller Plan*.



Correct answers:
1. c, 2. c, 3. d,
4. b, 5. d, 6. c,
7. d, 8. b

Get Your Fill Of Fiber

american FITNESS

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a separate mixing bowl, beat together the remaining egg, egg whites, corn syrup, sugar and vanilla until mixture is frothy. Stir in pecans. Carefully spoon over yam layer. Bake for 50 to 60 minutes until filling is set around edges or until a knife inserted halfway between the center and edge comes out clean. Cool and serve. Makes eight servings. Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.

Nutritional Information for 1/8" of a 9-inch pie— Calories 338 (42% from fat); Fat 17g; Protein 3g; Carbohydrates 47g; Cholesterol 32mg; Sodium 249mg

meat. Fiber can only be derived from plant products.

- 47 percent of the women included fiber in their daily food choices to control weight versus 39 percent of the men.
- 52 percent of the women considered dietary fiber to be either very important or the most important listing on a food label, versus 45 percent of the men.