

Smaller Portions Sizes, Please

By Dr. Neal Kirkpatrick

Nowadays, somewhere around 100,000,000 Americans are overweight or obese, via Body Mass Index Testing.

Every diabetic patient who sees a dietician or RN diabetic educator gets the same message – reduce your portion size.

Now, America's food vendors are helping you to do this, but they're not telling you. And their motivation is profit, not good health.

Take a close look at food containers. Yogurt containers used to hold 8 oz., but now they hold just 6. Many food bottles/packages now have large umbrella shaped "dimples" in the bottom, so the bottle has the same height, width, and circumference, but holds 10-15% less.

Cereal boxes are the same height and width (the two dimensions that you see on the display shelf), but the depth is less, and thus the packages hold less. The same goes for M&Ms and most other candies. The 1.7 oz bag/bar now is 1.5 oz.

Burger patties and buns are smaller. Fishsticks have more coating. Chicken "breasts" are actually mixtures of flour and chicken, pressed into patties. The list goes on and on.

So, let's take the message to heart! Cut your consumption by 10-15% or you will be paying 10-15% extra for food!

And in the process, we all can lose weight and reduce our needs for ever more expensive drugs for all the diseases that are caused by or aggravated by being overweight.

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