Portion Distortion Can Cause People to Eat More Than They Need

Bigger is not always better, especially when it comes to portion size. Over the past 20 to 30 years, portion sizes have grown dramatically.

In fact, portion sizes have gotten so big they result in people losing track of how much is eaten.

For example, a person may think she just had a bagel for breakfast, when in reality she had a bagel large enough to serve two or three people.

Consumers have gotten so used to seeing larger portion sizes, both at home and at restaurants, that when they see a normal sized portion, it seems very small. One reason portion sizes have gotten larger over the years is that dinner plates and bowls are made larger these days. Our plates are full and presto – portion distortion. Rather than just eating until full, most people simply eat the amount of food that is put on the plate. Adults are not the only ones to succumb to portion distortion. Children are affected by it, too.

Eating more calories than are needed results in weight gain. Eating just 100 calories too many each day can add 10 pounds per year. Years ago, a hamburger from a fast food restaurant contained about 2.8 ounces of meat and just over 200 calories. Today’s fast food hamburgers weigh approximately 4.3 ounces and contain 310 calories.

If consumers want smaller portions when eating out, share large entrees with a friend. Another strategy is to put half of the portion in a takeout container before and having that portion for another meal. Also, children’s menus feature smaller portions.

Keep in mind there is a difference between portion size and serving size. A portion is what is served. In reality, a portion is usually larger than a serving size. To help determine the right amount of food to consume, check the Nutrition Facts on the packages of all foods.

One way to help visualize serving sizes is to compare it to something else. The palm of the hand is about the same size as 3 ounces of meat. The thumb or a domino is the size of 1 ounce.
How To Make Your Own Quiche

This is a quiche recipe, a recipe that can be used and varied over and over by adding different meats, vegetables or spices. The recipe that follows conforms to the basic rules for quiche:

1. Use 1/2 cup dairy for each large egg.
2. Use 1/4 cup grated cheese for each egg. (You may use less cheese if you desire but this is about the right amount for taste and mouth feel.)
3. Use 3/4 teaspoon salt for a four-egg quiche.
4. Use about 1 cup of added meats and vegetables for a four-egg quiche. (This is a rule of thumb only and may vary depending on your tastes and ingredients used.)
5. Bake until the internal temperature is at least 165 degrees but not more than 185 degrees. This typically takes about 45 minutes in a 375 degree oven for a four-egg quiche, but may vary according to the ingredients and pans used. A thermometer is the only way to accurately tell if the quiche is done.

Basic Quiche Recipe

Ingredients
1 pie crust shell
4 large eggs
2 cups half and half
3/4 teaspoon salt
1/4 teaspoon pepper
1/8 to 1/2 teaspoon seasoning (optional)
1 cup prepared vegetables or meat
1 cup grated Swiss or cheddar cheese
How to Make Your Own Quiche (continued)

Baker’s notes: Most vegetables and meats need to be precooked. Vegetables need to be well-drained so water does not leak into the quiche and interfere with the coagulation of eggs. Some vegetables, i.e., mushrooms, need to be well cooked to remove excess moisture.

One cup of cheese produces a cheesy quiche. Many recipes call for less than that.

For a richer quiche, use cream instead of half and half. Milk can be used and is especially satisfactory in cheese-rich quiches.

The traditional seasoning is nutmeg. Nutmeg is strong enough that only 1/8 teaspoon is used. Paprika, thyme, basil, oregano, and taco seasoning are other seasonings that can be considered.

Directions

Preheat the oven to 375 degrees. Place the oven rack on the lower third of oven.

1. Form the crust in a 9-inch pan, preferably light colored pan.
2. Whisk together eggs, half and half, salt, pepper and seasonings.
3. Stir in meat, vegetables and grated cheese. Pour filling into unbaked pie shell.
4. Bake until internal temperature of filling is at least 165 degrees but not more than 185 degrees (about 45 minutes).

Source: www.preparedpantry.com

Cell Phone Tips

1. The emergency number world wide for mobile is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you.

2. Stolen mobile phone? To check your mobile phone’s serial number, key in the following digits on your phone; *#06#. A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset even if the thief changes the SIM card, your phone will be totally useless. You probably won’t get your phone back, but at least you know that whoever stole it can’t use/sell it either. If everybody did this there would be no point in people stealing mobile phones.

3. Free information. Cell phone companies are charging $1-$1.75 or more for 411 information calls when they don’t have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial:800-FREE-411 or 800-373-3411 without incurring any charge at all. Program this into your cell phone right now.

Source: Oklahoma Medical Reserve Corp Newsletter.
Foster Grandparents

Foster Grandparents are senior citizens who have love to give to children with special needs in schools, child care centers and Head Start programs. They work with children on a one-to-one basis helping them improve their physical, mental, social and academic development.

To qualify as a Foster Grandparent volunteer, a person must be at least 60 years of age, in reasonably good health, enjoy working with children, have a desire to supplement their income and be able to volunteer 20 hours per week. Those who qualify are paid an hourly stipend each week which is tax-free and does not affect Social Security payments, food stamps or other benefits.

For information on this program, call 1-800-522-1086 or 405-238-4700. The program is administered through the Oklahoma Department of Human Services.

Power Pay — Helping Debtors Become Savers

Power Pay is an internet web site that helps consumers plan their spending and gain control of their finances. The web site address is http://powerpay.org. Some of the web site features are:

- **PowerPay**: How soon can I be out of debt?
- **Spending Plan**: How much am I spending? Compare what you spent to that recommended by financial experts.
- **PowerSave**: How much am I saving? Project savings using the different PowerSave options.
- **Calculators**: How can I look at my finances quickly? Calculate house and transportation costs, emergency savings and more.
- **Education Center**: How can I learn more? View PowerPoint presentations, articles and fact sheets about various financial topics.
**OHCE Downtown Oklahoma City Educational Tour**

**April 29, 2008**

The OHCE Spring Educational Tour on April 29 to downtown Oklahoma City will depart from the United Grocery Parking Lot in Purcell at 8:00 a.m., then pick up a second group at the Goldsby City Hall at 8:15 a.m. Tours will include the Oklahoma City National Memorial and Museum, the Bricktown Ballpark, Water Taxi, Myriad Botanical Garden and the Crystal Bridge. Lunch will be on your own in Bricktown.

All seats for the tour are full. If you are registered and cannot attend, please notify Peggy Howard or the Extension Office as we have a waiting list of alternates.

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**Spring Council—May 6**

**Bring a Friend to Council**

**Program: Plants and Trees for Oklahoma**

The theme for Spring Council on May 6 is, “Bring a Friend to Council”. The meeting will be held in the Community Room of 1st American Bank in Purcell and will begin at 11:00 a.m. To accommodate our guests, the program will be first. The topic is, “Plants and Trees for Oklahoma” and will be presented by Tracey Payton, Extension Educator and Horticulture Specialist from Norman. Lunch is pot-luck and will be served following the program. The business meeting will be conducted after lunch so our guests can leave, if they desire. All members are urged to invite a friend to attend.

Hostesses are Town & Country and Washington Busy. Hostess clubs should provide drinks, bread and two door prizes per club.
Mark your calendars today for our Senior Conference on July 22. McClain County OHCE is one of the co-sponsors along with the McClain County O.S.U. Extension Service and 1st Baptist Church of Newcastle. The conference will be held at 1st Baptist Church in Newcastle and registration is open to all senior citizens and other interested persons.

Featured at the conference will be Keynote Speaker Kim Lopez, Cleveland County Sheriff’s Deputy, who will speak on “Senior Safety” and a speaker representing the Oklahoma Arthritis Association. Concurrent sessions will include:

- Facts About Alzheimers
- Living with Diabetes
- Navigating Medicare
- Identity Theft
- Travel in Oklahoma
- Long Term Care
- Fitness Seniors
- Wills & Estate Planning.

One other concurrent session is on, “What’s Your Treasure” and will feature Ginger Silva, an antique appraiser from Norman. Participants are asked to bring “treasures” from home as this session will be similar to Antiques’ Road Show where Ms. Silva appraises your “treasures”.

The conference will include lunch and booths emphasizing topics of interest to seniors. Entertainment will be provided by, “Not Just Country”, a senior adult dance troupe from Oklahoma City. Registration will begin at 8:00 a.m., with the first speaker at 8:45 a.m., and we will conclude at 2:30 p.m. OHCE members will be asked to help with various aspects of the conference. Plan to attend and invite friends and family.

One of the things the OHCE Clubs will be responsible for is door prizes. We would like to ask each club to donate a door prize and bring it to the June Leaders’ Training.

An exciting one-day event to celebrate life as an active senior and to learn new skills to make life even better.
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May Leader Lesson on April 17

May Leader's Lesson will be held at the Courthouse Room 111 on April 17 at 1:30 p.m. The lesson is titled, “Cooking with Herbs” and will be taught by LaDonna Dunlop, Oklahoma County Extension Educator, FCS. Come and learn how to pick and use fresh herbs to transform ordinary meals into extra-ordinary meals!

June Leader Lesson on May 15

June’s Leader Lesson will be taught by Susan Moffat, Cleveland County Extension Educator, FCS, on Thursday, May 15, 2008, at 1:30 p.m. in Room 111 of the Courthouse. The lesson will be on, “Picnics with Pizzazz” and will offer some new ideas for picnics with friends and family.