

...the only way to stay healthy, the most important thing is to learn to value quality over quantity – and getting a handle on your portions is the key. ”

## 24 EASY WAYS TO LOOK SEXY FROM BEHIND

# Glutes

oxygen  
COLLECTOR'S ISSUE

RAINING FOR WOMEN

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Perfect  
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A glass pitcher of water is on the left, and a metal cup filled with popcorn is in the foreground. The background is a plain white surface.

# Is your *Rump* out of *Control?*

**IN A SUPERSIZED WORLD,**

IT'S EASY TO EAT TOO MUCH, AND THAT DOESN'T BODE WELL FOR A STELLAR BOTTOM LINE. LEARN TO GET OVER PORTION DISTORTION SO YOU CAN BOOST YOUR BOOTY RESULTS.

Gorgeous  
glutes call  
for smaller  
serving  
sizes.

BY VICTORIA SHANTA RETELNY, RD, LDN  
PHOTOGRAPHY PETER CHOU

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FOOD STYLIST CLAIRE STUBBS PROP STYLIST OKSANA SLAVUTYCH

(Glutes Special)

Ever wonder why your tush is not as tight, round or high as you want it to be? It could be that your food portions are out of whack. You're not alone: Two out of three people in the US are overweight or obese and one of the main culprits is ever-increasing portion sizes. Where did we go wrong? From 1970 to 2000, food portions increased by

expect larger amounts of food at one time. Research from the *International Journal of Behavioral Nutrition and Physical Activity* shows the main factors that lead to portion distortion are: 1) Larger portions have become standard, so we tend to eat beyond what we need for our weight and activity level; and 2) How much you get in the marketplace differs by three

your portions is the key." Choosing the right food is just as crucial as eating the right amount of it. To help you unlock the mystery of portion control, we're giving you all the ways imaginable to keep it in check – anywhere

Portable Portion Control

Use Your Hands

If you're not used to measuring out your food with a simple scale or measuring cups and measuring spoons then simply use your hands. According to the American Heart Association, your hand is a great tool for gauging proper portions, anywhere you go. Look to your hands for the following measurements:



10 Number of extra calories needed each day to gain one pound every year.

10 times. A study in the *Journal of the American Medical Association* reported that from 1977 to 1996, hamburgers increased by 97 calories, french fries by 68 calories and Mexican foods by 133 calories. (Read "Go Retro" for more startling comparisons of our food then and now.) All this up-sizing is not good news for your bottom line since it only takes 10 extra calories a day to gain one pound per year. The danger in living around supersized portions is what experts call "portion distortion" – continuous exposure to larger food portions that leads us to

to four times from standard federally recommended portion sizes. It's no wonder that fast food and restaurant portions win in our minds as the standard of how much to eat in a single sitting. Portion distortion can seem like an inevitable fat trap, but the solution is quite simple: "It's not about cutting out whole food groups, but eating less overall," says Lisa R. Young, PhD, RD, author of *The Portion Teller Plan* (Morgan Road Books, 2005). "At the end of the day, the important thing is to learn to value quality over quantity – and getting a handle on

you go. Follow these fat-proof strategies the next time you're at:

- The Salad Bar:** The proper "visual cue" for a portion of salad dressing is the size of a standard shot glass (1.5 ounces), Young says. Choose low-fat dressings – the clearer, the better. Your best bet: Flavor with lemon juice.
- The Buffet:** Grab a small plate, not a standard dinner-size plate, and pick lean protein sources (check the carving station), steamed vegetables and fresh fruit. Skip breads, pastas, fried fare and foods floating in sauces.

- Fast Food Restaurant:** A rule of thumb for great glutes is to avoid eating fast food altogether. You'll be tempted to cheat even when you order the "cleaned up" versions of fatty food.
- Any Restaurant:** Always order "roasted," "grilled" or "broiled" foods, adding that you'd like them prepared without any butter. Then when the meal arrives, eat only half and save the rest for tomorrow's lunch – you'll be happy you did!

TIGHT-BUTT TIP

GO RETRO – Sizes Then, Sizes Now

About 20 years ago, before our backsides ballooned out of control, we had a much better handle on serving sizes. Judging proper portion control when eating on the run is especially tricky, so for that purpose, here are a few tips:

Muffins

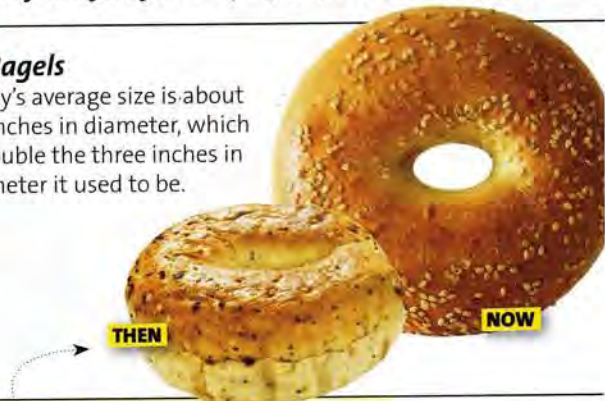
A serving size used to be about 1.5 ounces, but today's standard size is about five times bigger – that's more than 500 calories!



TIP: Unless you can find an egg-sized muffin these days, it's best to nix these from your diet.

Bagels

Today's average size is about six inches in diameter, which is double the three inches in diameter it used to be.



TIP: Eat half of it and save the other half for your preworkout meal.

MODEL: STACEY THOMPSON OATS PHOTO: MARVA VISNYEI BAGEL (THEN) COOKIE (NOW) 123RF ALL OTHER IMAGES: ISTOCKPHOTO

## TONE YOUR TUSH WITH CLEAN EATING

**So how many handfuls of the main food groups should you eat every day?** Based on a healthy, balanced 2,000-calorie eating plan, aim to get these handy portions in every day for a clean glute-training diet:

**Fruits:** Two fists' worth of oranges, berries, melon, apples, pears and peaches. Fruits offer powerful antioxidants and fiber that fuel your glute muscles on very few calories.

**Vegetables:** Two-and-a-half fists' worth of dark leafy greens and colorful vegetables. Jammed with energy-revving vitamins, essential minerals and fat-free fiber, vegetables promote weight maintenance, according to The National Heart, Lung and Blood Institute.

**Whole Grains:** Two to three fists' worth of whole-grain bread, pasta, cereal, brown rice, quinoa, barley, and/or oats. The *Dietary Guidelines for Americans* recommends at least half your grains be whole, high-fiber varieties, which may prevent fat gain on your butt and fend off

constipation – and that would make your lower-body workouts run smoothly!

**Lean Protein:** Two palms' worth of lean red meat, skinless chicken breast, fish, eggs, tofu and/or beans will help build strong, firm gluteal muscles as protein is necessary to build and repair muscle tissue.

**Low-Fat Dairy:** Two fists' worth of skim milk or plain low-fat yogurt. As far as cheese goes, use sparingly, such as two thumbs (one ounce) to get plenty of calcium and vitamin D for strong bones.

**Fats:** Two thumbs' worth of "good" fat, such as walnuts, almonds, olive oil, canola oil and/or avocado, will satisfy your appetite without amassing fat around your bottom.



Keep an eye out for Oxygen's **Pick It Kick It** fat-loss book on sale now! Visit [pickitkickit.com](http://pickitkickit.com) today!



### ↓ Sandwiches

Back then, a turkey sandwich was a bit bigger than the palm of your hand. Now, they're bigger than your entire hand and can pack in as many as 800 calories.



**TIP:** Ask for a small portion. If no such luck, save half of it for your postworkout meal.

### ↓ Cookies

It used to be easy to fit a 1.5-inch diameter cookie on top of a business card, but nowadays, cookies are typically three times bigger. ☹



**TIP:** Grab an apple instead.