



# BROOKLYN\_BORN

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## Do you remember juice glasses?

Friday, September 19, 2014

My status yesterday said that I was weighing and measuring my food to check on "portion creep."

Portion creep, along with sizing creep, was primarily responsible for my weight gain.

For anyone who isn't aware of my pet peeve with the fashion industry, sizing creep refers to manufacturers intentionally increasing the measurements of women's sizing over the decades. So the size 8 of the 1960s has the measurements of a size ZERO today.

SP recently posted background on this

[seattletimes.com/html/entertainment/2004302760\\_zlivvanity25.html](http://seattletimes.com/html/entertainment/2004302760_zlivvanity25.html)

How could I be fat if I'm wearing the same size 10 I always did, right? Just ignore those extra inches on my waist and hips. Who needs a scale! By the time those 10s were tight I had an extra 25 pounds.

Back to food.

When I finally got serious about my weight (25 years later at age 61), it was my distorted idea of a "portion" that was my main problem. My daughter gave me a food scale.

My "portion" of spaghetti was TWICE what was indicated on the package. Ice cream? FOUR TIMES as much! You get the idea.

I was always very active and except for my breakfast meal I only drank water or those 25 pounds would have been a lot more. So much for the advice "move more and drink water."

After 25 years, I couldn't scale back to real portions immediately. My body would rebel. So I reduced my intake very gradually. That's why it took me nearly a year to lose those 25 lbs. Fortunately, I'm very patient.

However, I know portion size is still my weakness. Nearly 5 years into maintenance I don't usually track my food. I weigh myself every morning and if the trend is up, up, up, I'll start tracking again. I don't intend to wait for double digits.

A few days ago I returned to tracking, not because of any weight gain but to check on nutrients. The result surprised me. Nutrients were in range but my calorie total was quite low, barely grazing the bottom of my suggested range.

My fitness minutes were way up. By that measure I should be losing some weight not staying stable. (I'm happy right where I am, but banking a loss of a few pounds would be OK too).

Yep, that old portion creep is returning. Weighing and measuring proved it. That's not 3 oz of meat loaf,

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it's 6. That's not a "small" baked potato at all. Grapes? A portion is 10 grapes. Hah! The biggest culprit is my morning orange juice. Yikes!

In the back of my cabinet are what used to be called "juice" glasses. That's what I plan to use from now on along with my food scale – at least until my eyes and brain get back to reality.

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**GINIEMIE**

Portion control is badly needed here too. I loved the old juice glasses. We used to get them with jelly and in Belgium filled with mustard. I still have a few although I managed to break a Smurf one last week.



2453 days ago

[v](#)



**POCKETFULOFSUN**

Its funny my DD just poured out a 12oz glass of juice and I balked, we have broken all our juice glasses, I had some nice 4 oz glasses.

2454 days ago

[v](#)



**JEANKNEE**

Yes, I do remember juice glasses and have a set of them that have been in use for decades.

Portion and size creep are insidious! It is mind warping. I have to keep reminding myself that even though I am wearing a size smaller than I can ever remember wearing as an adult that the size on the label is a meaningless comparison given the decades that have passed.

I, too, had your experience of not needing to buy a larger sized pair of pants until 25 additional pounds had crept onto my frame. It took another 20+ years (and an additional 50+ pounds) for my aha moment to come though.

Thanks for the link. I'm going to go back and take a look at the article.

2454 days ago

Comment edited on: 9/22/2014 9:43:13 AM

[v](#)



**SWEETENUGILL**

You are so right! When I was out for a walk the other day, I had to stop and buy a bottle of drink - not fizzy, not artificial sweeteners - just juice, water, sugar. I drank the whole bottle, of course - after all - it's presented as a single-serving isn't it? I read the label when I got home - it was a 500ml bottle, and the nutritional details were given as being 1 portion = 250mls! I mean, who drinks HALF a bottle of juice!!!! I won't make that mistake again though!

(good idea that LEWILL1982 - a may measure my travel mug and see how much that holds!)

2455 days ago

[v](#)



**PHEBESS**

I'm enjoying Japan - portions are small, especially for sweets and treats - and calorie counts are included in cafes and restaurants. So I can opt for a 325 calorie sandwich instead of the 475 sandwich, add a cup of veg soup, and have a healthy lunch without worrying about total calories! (And yes, I had the 215 calorie tiramisu for a snack one day when I was low on calories - isn't it nice knowing that a small portion of a treat is not an outrageous splurge? Measured portions = weight loss, every time!)

2455 days ago

[v](#)



**PATRICIAANN46**

Accurate measuring and honest tracking have ALWAYS been what works for me and I intend to stick with it.

**Well Said!**

2455 days ago

[v](#)

**SPINNINGJW**

My mom used the cheese jars for juice glasses. We got the soft cheese in a jar around the

[v](#)



holidays to stuff celery, and when the cheese was used up, the glass got washed and put in the cupboard. They held 4 ounces, and we used them for eggnog, among other things. When mom was having a "treat" of a diet pop, sometimes she would fill one of those little juice glasses half full for one of us kids.

Bra sizing, on the other hand, has gone the other direction - I used to wear a 40 B, and the last time I got measured, they put me in a 38 D! The only time I wore a "D" before was when I was nursing.

2456 days ago



#### MARYJEANSL

This amuses me, and may you also. I do have some juice glasses...or at least what I consider juice glasses. They used to contain scented candles. Bayberry, one of my favorites. When the candles were gone, I looked at them and said, gee, I'm not going to get rid of these - they are the perfect size for juice, and even made of real glass. So I cleaned them out thoroughly, and my kids use them for OJ, on the occasions when I buy it. Like when the oncologist called me and said Danny's potassium was very low, and I should give him orange juice.

2456 days ago



#### CD13376265

Marilyn Monroe was a size 16 in the 50s. I wonder what that size 16 would translate to today? She had a tiny waist. I hate all the super sizing. I live alone and my pet peeve is not being able to find single portions of just about anything at the grocery store. I don't need 10 chicken breasts or a loaf of bread that will go mouldy. Just give me what I need and make that enough.

2456 days ago



#### DOVESEYES



2457 days ago



#### TRAVELGRRL

In this "supersize it" culture it is difficult to remember what a portion REALLY should look like. A 20-oz. bottle of soda is 2.5 servings? In what universe???

Your blog hits on a lot of my pet peeves too, but I will refrain from ranting! I too have taken a long time to scale back my portions -- it took me about a year to wean myself off of two hot dogs or two hamburgers at dinner. As it turns out if you have a couple of veggies, or a veggie and a salad, you



don't really miss that second portion. Who knew??

2457 days ago



#### WATERMELLEN

Such an important reminder -- "they" fit into size 8s because "they" were drinking out of juice glasses -- not horse buckets!!

My mum was always quite proud of being a size 14 or 16 -- that was Marilyn Monroe's size!! And yup -- I've got a vintage size 14 skirt and the waist band is about the same as my modern size 8s (even a 6!!)

Delusional, that's what we are.

When portion size creeps up . . . so does my waist measurement, for sure!!

2457 days ago



#### PHOENIX1949

Recently, a friend and I were discussing serving dishes and I pulled out my grandmother's juice glasses (spouse drinks his morning juice from a 16 oz. glass), my great-grandmother's roast beef platter (used twice a year for a household of 6 -- smaller than a current dinner plate) and a great-uncle's beer mug from an early 1900's local German biergarten & resort (under 8 oz. even with foam!) and my depression-era sherbert dishes (one scoop =d one serving vs. one soup bowl full). What eye-openers!

2457 days ago



#### CD4114015

This is a GREAT blog! I remember the juice glasses also! Mostly your blog gave me some great ideas and reestablished that this truly IS a LIFELONG endeavor!



2457 days ago



#### DR1939

I have diabetes and learned long ago to weigh my food. I don't weigh everything everyday but I check weights frequently. It's the only way I can manage my blood glucose.

2457 days ago



**LINDAKAY228**

I have trouble if I don't weigh and measure too. Even with foods I think I know. I do remember the juice glasses! I also remember all the jelly jar glasses ha ha. Hadn't thought about those in a long time. It's good to check ourselves sometimes.

2457 days ago



**MISCHAKEO**

It is so easy to overestimate a serving. Weighing is helpful as is measuring. It does make a difference.

That is what I do..cut back when that scale stays up, up, up!

Maintaining your 25 pound loss is an excellent success.

2457 days ago



**CD5500762**



2457 days ago



**ONEKIDSMOM**

Yep, my juice glasses where I know exactly where the 4 fluid ounce line is, and some small tumblers that I know exactly where the 8 fluid ounce line is are about the only ones I use for other



than water!

2457 days ago



**IFDEEVARUNS2**

I do indeed. I don't think I own one and haven't for years. But then I don't drink juice - I prefer to eat fruit.

2457 days ago



**KRISZTA11**

Great analysis, thanks for sharing!

So you track portions, not actual weight of food, right?



I use the same approach to tracking: off when all is OK, on when weight goes up.

2457 days ago



**LEWILL1982**

Great reminders this morning!

When I eat at home, I've started eating on "salad" plates -even those are big. When I portion lunch out to bring to work, it's easier to keep in check if I use those 2 cup Rubbermaid or Ziploc containers (not that I fill them up). . I have an 8 oz plastic cup and two 12 oz plastic cups (think nothing special, just advertising type cups) that I use for anything other than water to keep myself in check.

It's super easy to get carried away, for sure!

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