

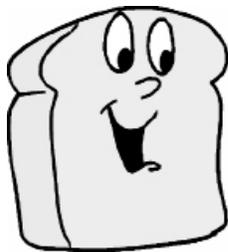
Smart Servings

Find Healthy Balance

How much is too much when it comes to food? To many people, a “serving” is the amount of food served on their plate. Studies show that regardless of appetite, people eat more when served larger portions. Discover smart servings in the foods you eat and the choices you make with the following tips!

Tip #1: Smaller Servings are Smarter

When eating out or dishing up meals at home, many people overestimate their true hunger. Use the guide below to help you imagine the “look” of a serving size.



- 3 oz. cooked meat
- 2 Tbsp. peanut butter
- 1 c. rice or pasta
- 1 pancake or waffle
- 1 tsp. margarine
- ½ bagel or 1 slice bread
- 1½ ounces cheese
- 1 medium orange or apple
- 1 tortilla
- 1 deck of cards
- 1 ping-pong ball
- 1 tennis ball
- 1 music CD
- Your thumb tip
- 1 cassette tape
- 1 nine-volt battery
- 1 baseball
- 1 small 7-inch plate

Tip #2: Put your Portions back into Proportion

- Purchase the smaller size of chips, soft drinks and other foods higher in sugar and/or fat. Don't fall prey to the “larger is better” thought. Larger portion packages aren't better for our waistslines or health.
- Share healthy servings with another person by splitting fries and other large fast food portions.

Tip #3: Less high fat and sugary foods

Eat a variety of healthy foods each day. (grains, low-fat dairy, fruits, veggies and lean protein) Then you can occasionally add in a small portion of a higher fat or sugary food choice to maintain a healthy balance!

Learn more about healthy balance at the following web resources

KidsHealth.org - “Keeping Portions Under Control”
(http://kidshealth.org/parent/nutrition_center/healthy_eating/portions.html#cat20738)

National Heart Lung and Blood Institute - “Portion Distortion Quiz”
(<http://hp2010.nhlbihin.net/portion/>)

