

# Get your portions in proportion

THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY



Five simple, healthy steps families can take when serving food at home:

## 1. Breads, Cereals & Grains

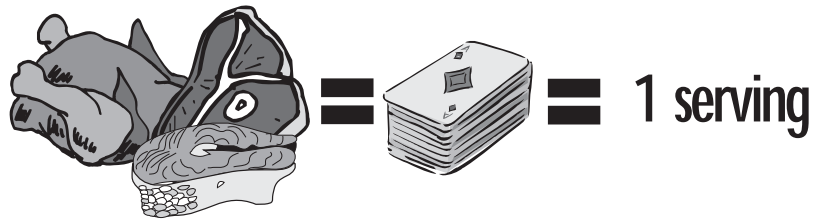
A bagel the size of a hockey puck = 2 servings



• Health experts recommend that adults eat at least six servings of breads, cereals and grains daily. At least half of those grain servings should be whole grain\*. A bagel the size of a hockey puck equals two of those servings.

## 2. Meat, Poultry or Seafood

A meat, poultry or seafood portion the size of a deck of cards = 1 serving



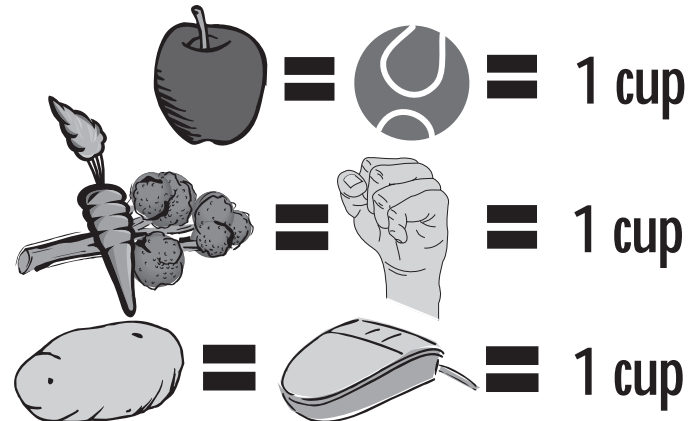
• Health experts recommend that adults eat two servings of lean meat, poultry or seafood daily. An average serving size is three ounces cooked. That's the size of a deck of cards.

## 3. Fruits & Vegetables

An apple or orange the size of a tennis ball = 1 cup

Carrots or broccoli the size of a fist = 1 cup

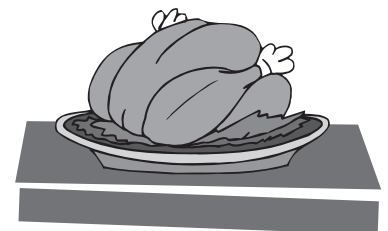
A potato the size of a computer mouse = 1 cup



• Health experts recommend that adults should have two cups of fruit daily and two and one half cups of vegetables daily.

## 4. Serve only from the Kitchen Counter!

• When serving meals at home, portion your food at the counter. Then, instead of bringing all the extra food to the table, leave it on the counter. Studies show people are far less likely to load their plate a second time—and double their calories—if the food is not right in front of them.



## 5. Serve it on the Side!

Teaspoon of butter = 36 calories



• Serve salad dressing, sour cream, mayonnaise and butter on the side, or use salsa or mustard to add flavor without the additional calories. Every added teaspoon of butter, margarine or oil is approximately 36 more calories.

\*Whole grains are: brown rice, bulgur (cracked wheat), graham flour, whole grain corn, oatmeal, pearl barley, whole oats, whole rye, whole wheat. Examples of these foods are whole wheat bread; whole grain ready-to-eat cereal; low fat whole wheat crackers; oatmeal; whole wheat pasta; whole barley added to soups, casseroles and salads.