

RIGHT BITE

YOUR NEWSLETTER

FOR BETTER EATING

WHAT SIZE IS YOUR SERVING? | FCS217



SERVINGS ADD UP

A healthy diet calls for more than just choosing healthy foods like fruits, vegetables, whole grains and low-fat dairy products. It also means looking at how much you are eating. Bigger food portions have more calories. More calories may cause weight gain, and being overweight can put you at risk for heart disease, diabetes and some cancers.

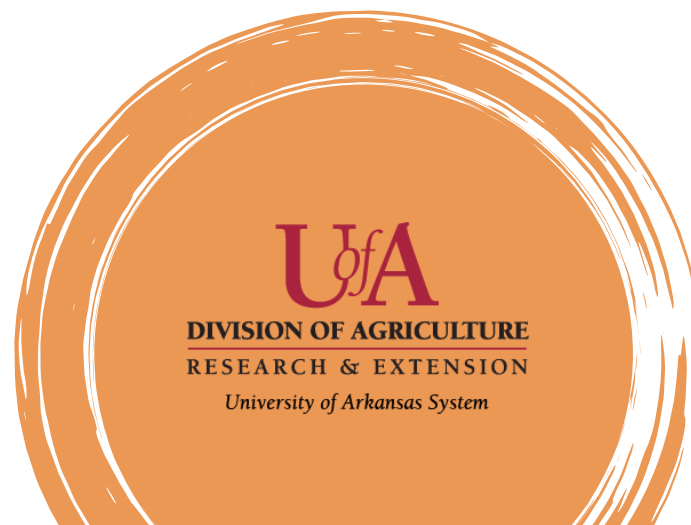
DID YOU KNOW?

10 French fries equals one serving! Food portion sizes have grown over time. In the 1950s, a “family size” bottle of soda was 26 ounces. Today a single-serve bottle is 20 ounces!

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EXPLORE MYPLATE

Good nutrition is important during any life stage. MyPlate can help you choose the foods you and your family need to grow and stay healthy. Explore the MyPlate food groups and find personalized recommendations online at <https://www.myplate.gov/>.



HIGH FIVE TO PROPER PORTION SIZES

Believe it or not, the key to better nutrition is already in the palm of your hand! Use these examples to help you take control of your portion sizes.

Fist = 1 cup of cold cereal, milk, or yogurt

Palm = 3 ounces meat, fish, poultry, or nuts

Thumb = 1 ounce of cheese

Cupped hand = 1/2 cup fruits and veggies

Thumb tip = 1 teaspoon nut butters, spreads

Because hand sizes can vary, be sure to compare your fist size to a set of measuring cups and spoons to get started.



EASY WAYS TO CONTROL PORTION SIZES

- ✦ Take food (a standard serving size) out of the package. It is easier to control the amount you eat by putting food on a plate or in a bowl.
- ✦ Avoid eating in front of the TV or while you are busy with other activities. It is easy to lose track of what you're doing and overeat.
- ✦ Serve food on plates instead of putting serving bowls on the table. This way having second helpings won't be quite so easy.
- ✦ Read food labels and measure label servings to see their sizes. This takes a little time and practice, but it is well worth it.
- ✦ Limit eating out. When you do go out to eat, try sharing an order with a friend or taking the leftovers home. Also, try to avoid "super-sizing."