

Proper Portions

Trends in Increasing Portion Sizes

Whether at home or at your favorite restaurant, oversized portions are everywhere. Restaurant meals, snacks, desserts, and beverage amounts have increased steadily over the past two decades.

Oversized Portions = Excess Calories

- Extra calories from large portion sizes can get in the way of maintaining a healthy weight

20 Years Ago			Today		
	Portion	Calories		Portion	Calories
Bagel	3"	140	Bagel	6"	350
Soda	6.5 ounces	82	Soda	20 ounces	250

What Your Family Can Do

- Divide up contents of one large package into smaller containers so that your favorite foods are in “portion friendly” servings
- Instead of eating straight from the package measure out the right serving size for your child into a bowl or container
- Become familiar with serving sizes recommended by www.MyPyramid.gov

For More Information

- www.kidshealth.org
- www.mypyramid.gov
- www.teamnutrition.usda.gov/library
- www.nhlbi.nih.gov/health

Information provided in this sheet was adapted from the U.S. Food and Drug Administration, www.kidshealth.org, and National Heart, Lung, and Blood Institute.

Quick Tips:

A portion differs from “serving sizes” and are often larger than the Food Guide Pyramid’s recommendation of a serving size. Portions are the amounts offered in a package of food, at a restaurant, or the amount a person chooses to put on their plate.

Common serving sizes are listed below.

Food Group	1 Serving Size	Examples of 1 Serving	Equals
Grains	1 oz.	1 slice of bread 5 crackers ½ cup cooked pasta or rice	1 CD case ½ Baseball
Fruits	½ cup	½ banana 16 grapes ½ large apple, orange, or banana	A tennis ball A tennis ball
Vegetables	½ cup	6 baby carrots ½ of green beans 1 large sweet potato	A tennis ball A tennis ball
Dairy	1 cup	1 cup of milk low-fat 1 cup of low-fat yogurt 1 stick of string cheese	Stacking 4 dice is equal to 1 oz of cheese
Meats & Protein	1-3 oz.	2 Tbsp. of peanut butter 3 oz chicken, beef	A golf ball Deck of cards



Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will put food into a bowl or container and not eat out of the bag or package
- I will eat my snacks and meals sitting down at a table, not in front of a TV
- When I eat meat and protein, I will only eat a 4 ounce serving at a time
- If I get a large portion while eating out, I will take half of it home

Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

