

Proper Portions

Trends in Increasing Portion Sizes

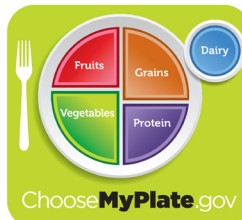
Whether at home or at your favorite restaurant, oversized portions are everywhere. Restaurant meals, snacks, desserts, and beverage amounts have increased steadily over the past two decades.

Oversized Portions = Excess Calories

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

What Your Family Can Do

- Become familiar with serving sizes recommended by www.choosemyplate.gov
- Use smaller bowls/plates/cups. Try using measuring cups/spoons to provide appropriate serving sizes.
- Instead of eating straight from the package, measure out the right serving size for your child into a bowl or container.
- Divide up contents of one large package into smaller containers so that your favorite foods are in “portion friendly” servings.
- Eat all meals and snacks at the kitchen table without watching a screen (TV/computer/video games).
- Prepare meals using the plate method: $\frac{1}{2}$ plate fruits and vegetables; $\frac{1}{4}$ plate lean protein; and $\frac{1}{4}$ plate whole grains.
- Enjoy your meal! Eat slower. Take smaller bites. Choose fruits or vegetables only for second helpings.



Quick Tips

A portion differs from “serving sizes” and are often larger than MyPlate’s recommendations 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.

Your hand can help you measure the right amount of food to eat.



Palm of Hand = Amount of lean Meat



A Fist = Amount of rice, cooked pasta, potatoes or cereal



Thumb = Amount of cheese



Thumb Tip = Amount of peanut butter

For More Information

- www.kidshealth.org/parent
- www.choosemyplate.gov
- www.smart/spot.com
- www.kidnetic.com
- www.nutritionexplorations.org

Information provided in this sheet was adapted from the American Academy of Pediatrics and www.kidshealth.org.



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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 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Week 3 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Week 2 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Week 4 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

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