

Portion Sizes

The attached Portion Poster will help us determine amounts of foods and beverages you ate using the letter and numbers on the specific object or shape.

The Portion Poster:

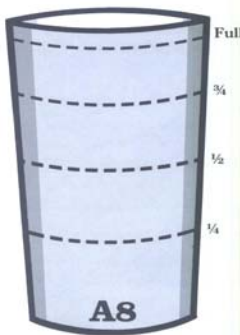
Side A:

- Pictures of different containers (bowls, cups, spoons) with different levels ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, and full marks) .
- The four mounds help describes portions of mashed potatoes, rice, pasta, etc.
- The four wedges could be used to describe a portion of pie, quiche, cake etc.

Side B:

- The circles, squares, and rectangles help estimate amounts of meat, fish, bread, cheese, etc.
- The ruler on the left side of the page helps to estimate how thick the portion was.

Examples:



Side A:

- For an 8 ounce glass of whole milk, you might say you had a glass the size of A8 that was filled up to the $\frac{3}{4}$ mark with whole milk.
- If you or your child had $\frac{1}{2}$ cup of mashed potatoes, you might tell us that you had mashed potatoes, made with whole milk and Promise margarine spread that was the size of A17.

Side B:

- If you had a slice of American cheese, you might tell us that you had 1 slice of cheese the size of B2 that was American Cheese (Kraft Singles, 2% milk) and that the cheese was 1 measure thick on the ruler.

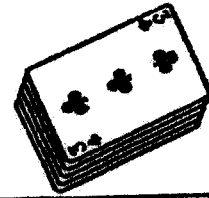
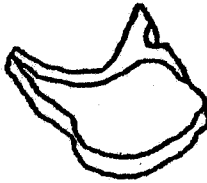


SEVEN WAYS TO SIZE UP YOUR SERVINGS

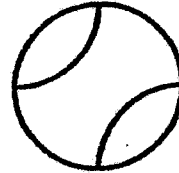
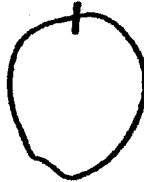
Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

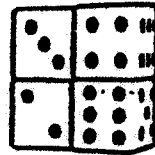
1 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



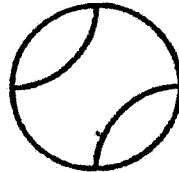
2 A medium apple or peach is about the size of a tennis ball.



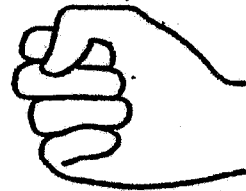
3 1 oz of cheese is about the size of 4 stacked dice.



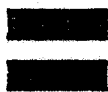
4 1/2 cup of ice cream is about the size of a racquetball or tennis ball.



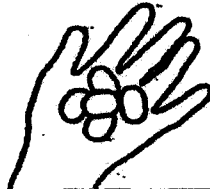
5 1 cup of mashed potatoes or broccoli is about the size of your fist.



6 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



7 1 ounce of nuts or small candies equals one handful.



1 OZ.

MOST IMPORTANT

Especially if you're cutting calories, remember to keep your diet nutritious.



2-4 servings from the Milk Group for calcium



2-3 servings from the Meat Group for iron



3-5 servings from the Vegetable Group for vitamin A



2-4 servings from the Fruit Group for vitamin C



6-11 servings from the Grain Group for fiber