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What Size Is Your Serving?

The difference between a serving size and a portion size can be confusing. A serving size is the recommended amount of food to eat at one time from each of the food groups. A portion size is the amount of food you choose to eat at any one time and may be more or less than a serving.

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.

Size
Matters

DID YOU KNOW?

Ten french fries equals one serving!

Food portion sizes have grown over time. In the 1950s, a "family size" bottle of soda was 26 ounces; now a single-serve bottle is 20 ounces!

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.”



Let MyPlate Be Your Guide

MyPlate will help you choose the foods you and your family need to eat every day to grow and stay healthy.

	Age	Fruit	Vegetables	Grains	Protein	Dairy
Children	2-3 years	1c	1c	3oz	2oz	2c
	4-8 years	1-1.5c	1.5c	5oz	4oz	2.5c
Girls	9-13 years	1.5c	2c	5oz	5oz	3c
	14-18 years	1.5c	2.5c	6oz	5oz	3c
Boys	9-13 years	1.5c	2.5c	6oz	5oz	3c
	14-18 years	2c	3c	8oz	6.5oz	3c
Women	19-30 years	2c	2.5c	6oz	5.5oz	3c
	31-50 years	1.5c	2.5c	6oz	5oz	3c
	51+ years	1.5c	2c	5oz	5oz	3c
Men	19-30 years	2c	3c	8oz	6.5oz	3c
	31-50 years	2c	3c	7oz	6oz	3c
	50+ years	2c	2.5c	6oz	5.5oz	3c

Food Safety Corner



Microwave Safety Tips

- ◆ Do not put plastic containers like margarine tubs, take-out boxes and whipped topping bowls in the microwave. They can melt causing harmful chemicals to leak into food.
- ◆ Never use thin plastic storage bags, brown paper bags, newspapers or aluminum in the microwave.
- ◆ Stir or rotate food halfway through the microwaving time to make sure no cold spots are left where harmful bacteria can survive

Right Bite Recipe

Carrot Apple Muffins

Ingredients

- 1/2 cup applesauce
- 1/2 cup apples (peeled and chopped)
- 1 teaspoon cinnamon
- 2 eggs
- 6 tablespoons flour
- 1 teaspoon baking soda
- 2/3 cup powdered nonfat milk
- 1/4 cup sugar
- 1/2 cup carrots (grated)

Directions

1. Mix all ingredients together.
2. Spray muffin tin with nonstick cooking spray.
3. Divide equally.
4. Bake at 350° F for 25 minutes.

How Much Is a Serving?

Use common objects to help with portion sizes.

1 ounce of cheese

4 dice



2-3 ounces of cooked meat, fish or poultry

deck of cards



medium piece of fruit

tennis ball



1/2 cup of chopped fruit or vegetables

light bulb



1 small baked potato

computer mouse



1/2 cup of pasta, rice or cereal

baseball





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Thrifty Shopping Tips

Smart Shoppers Get More for Their Money!



Shop alone if possible. When family members are along, you tend to buy more.



Know the regular prices of items you usually buy. This will help you recognize when an advertised special is really a bargain.



Keep your eyes open for unadvertised specials in the store. These can save you money, but remember...not all items displayed at the end of the aisles are sale-priced.



Compare national brands, store brands and generic items. Generic items have plain, simple packaging and are usually less expensive.

For more information on food, nutrition, or health, contact your county Extension office or visit www.uaex.edu.