

“Know your portion sizes”

It can be difficult to estimate the amount of food we need and most of us tend to eat more than the recommended portion sizes for many foods. Children need adequate calories to meet their needs for growth, but portions that are too large leads to overeating. Serving smaller portions to children is the best way for them to learn to eat only until satisfied. Start kids off with less and encourage them to ask for more if they're still hungry.

Relating the portion size of a serving to everyday items is an easy way to visualize what a true portion size looks like.

- **Woman's fist or baseball** - a serving of vegetables or fruit is about the size of your fist
- **A rounded handful** - about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or $\frac{1}{2}$ cup of cooked rice or pasta - this is a good measure for a snack serving, such as chips or pretzels
- **Deck of cards** - a serving of meat, fish or poultry. Examples include: one small chicken breast or $\frac{1}{4}$ pound hamburger patty
- **Golf ball or large egg** - one quarter cup of dried fruit or nuts
- **Tennis ball** - about one half cup of ice cream
- **Computer mouse** - about the size of a small baked potato
- **Compact disc** - about the size of one serving of pancake or small waffle
- **Thumb tip** - about one tablespoon of peanut butter
- **Four dice** - a serving of cheese
- **Check book** - a serving of fish (approximately 3 oz.)