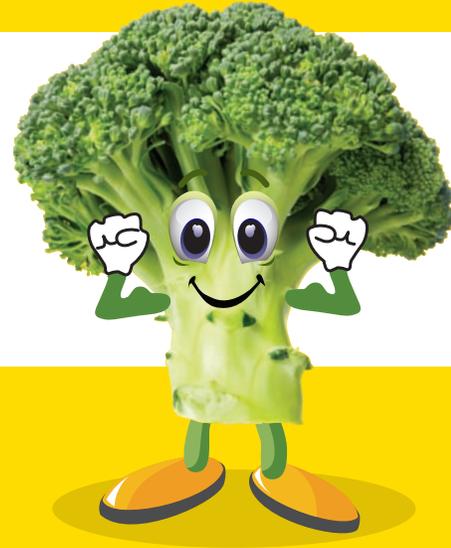


What's a healthy portion size? Take the test...



Eating healthy doesn't have to be a big mystery. One of the best ways to stay healthy and keep a healthy weight is to eat the right portion sizes.

Stay away from large and super-sized portions.

Take the test. See how many calories these common foods have.

You have the power!
You can make healthy choices.



How many calories in
a 20-oz. bottle of soda?



100 calories



??? calories

- a. 200 b. 250 c. 300

**A 20-oz.
Bottle of
Soda has**

250

calories

Portion sizes
have gotten HUGE!
But you have
the power not to
choose them.

1. Choose water.
Tap water is free!
2. Drink water, or
1% or fat-free
milk with meals.
3. Don't be fooled by
juice, or sweetened
tea and coffee drinks.
They can have more
calories than soda!



How many calories in
a 20-oz. bottle of juice?



90 calories



??? calories

- a. 175 b. 270 c. 350

**A 20-oz.
Bottle of
Juice has
270
calories**

Portion sizes
have gotten HUGE!
But you have
the power not to
choose them.

1. Choose water.
Tap water is free.
2. Snack on a piece of
fresh fruit instead
of drinking fruit juice.
3. Choose the smaller
size and add some water
to make it last longer.



How many calories in a full-sized bagel?



140 calories



??? calories

- a. 150 b. 250 c. 350

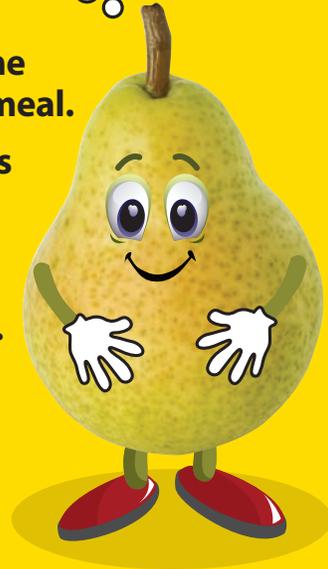
**Full-sized
Bagel**

350
calories

Bagel

- 1. Choose a smaller size, such as a mini-bagel.**
- 2. Eat half the bagel, and take the other half home for another meal.**
- 3. Choose lower-calorie spreads (low-fat cream cheese or a butter substitute), and ask for a small amount of it and on the side, if possible.**

Portion sizes have gotten HUGE! But you have the power not to choose them.



How many calories in a large serving of French fries?



230 calories



??? calories

a. 350

b. 500

c. 800

**Large
French
Fries have
500
calories**

Portion sizes
have gotten HUGE!
But you have
the power not to
choose them.

French Fries

- 1. Choose the small size.**
- 2. Eat only half.**
- 3. Share with a friend.**
- 4. Ask for a side salad
or fruit instead of the
French fries.**



How many calories
in 2 slices of pizza?



380 calories



??? calories

a. 500

b. 760

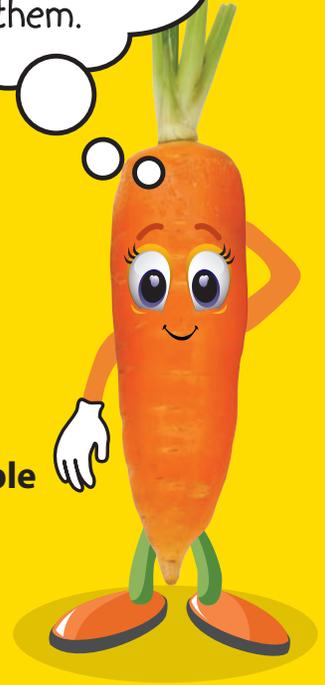
c. 1,000

**2 Slices of
Pizza have
760
calories**

Pizza

- 1. Eat only one slice.**
- 2. Choose lower-calorie toppings—instead of pepperoni, ask for spinach, mushrooms or broccoli.**
- 3. Remove some of the grease with a napkin.**
- 4. If you want something else to eat, get a salad or vegetable on the side.**

Portion sizes
have gotten HUGE!
But you have
the power not to
choose them.



My Plate Planner

A Healthy Meal Tastes Great



6oz.
Fat-free or
1% milk



The plate method is a simple way to learn healthy portion sizes.

Just split the plate into 3 parts, the largest part for vegetables.

Note to adults planning meals for smaller children: Remember to use a smaller plate or serve smaller portions if you don't have different plate sizes.



Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions



Palm of Hand
Amount of Lean Meat



A Fist
Amount of Rice, Cooked Pasta, or Cereal



A Thumb
Amount of Cheese



Thumb Tip
Amount of Peanut Butter



7-inch plate (children)

9-inch plate (adult)

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.

Remember, one of the best ways to stay healthy is to eat smaller portions. Notice the size of portions and choose healthy portions, not large and super-sized!

This is a choice you can make every day, one day at a time.

You and your family have the power to stay healthy. Start today!

