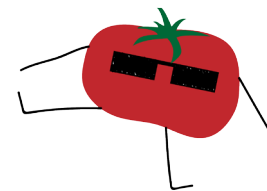




SERVE ME UP A PLATE



What is the difference between serving size and portion size?

Serving sizes and portion sizes can be very confusing. Serving sizes are shown on the Nutrition Facts label on the packaging on food. These serving sizes are listed as a measurement of food, like in cups or ounces. They help you figure out the amount of nutrients that are in the food you are eating.

A portion size is the amount of food chosen by each person. This changes from person to person! Here's an example: Mia and her dad both decide to have cereal for breakfast. The serving size listed on the side of the box of cereal is 1 cup.

Mia chooses to have 1 cup of cereal, while her dad chooses to have 2 cups of cereal. Mia and her dad chose different portion sizes of cereal. Portion sizes and serving sizes can be the same or different from each other.

How can I measure serving size?

Serving sizes are important to understand to help you be aware of how much you are eating. But how do you know what different serving sizes look like? You can compare them to objects that are of similar size. Here are some examples!








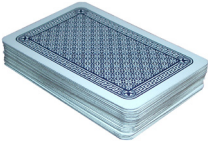


Food Product	Serving Size	Reference
Dry cereal	1 cup	Baseball
Pasta	1/2 cup cooked	Computer mouse
Peanut butter	2 tablespoons	Ping pong ball
Lean beef	3 ounces	Deck of cards
Butter	1 teaspoon	Postage stamp
Strawberries	1/2 cup	Tennis ball
Cooked broccoli	1/2 cup	Lightbulb

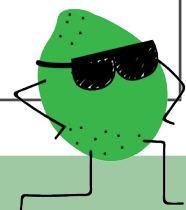
Family Meals

Eating meals together as a family is a great opportunity to talk about portion sizes and serving sizes. Make dinner interactive by asking questions or introduce serving size activities and how your typical portions compare to those. A great way to help your child visualize serving sizes is to use familiar objects, such as a baseball or a deck of cards. Have your child pick an object and then match it to an actual food portion size.



As a family, choose household items that you can use as a reference for each of the foods below. Draw them in the right column.

Food	Example	Draw an item that is about the same size.
<p>Cooked Carrots</p> 	<p>1/2 cup</p> 	
<p>Rice (cooked)</p> 	<p>1/2 cup</p> 	
<p>Olive Oil</p> 	<p>1 teaspoon</p> 	
<p>Lean Poultry</p> 	<p>3 ounces</p> 	
<p>Blueberries</p> 	<p>1/2 cup</p> 	



HEALTHY FAMILY CHALLENGE

- 🍅 Have at least one family meal this week.
- 🍅 With your child, find a household item for one of the serving sizes of a specific food in the table above. Post the table above somewhere you can see to help keep track of your servings this week!