

Discovering Smart Servings

Tips

- 1 Pay attention to How much you are eating.** It's easier to be smart about servings without distractions, like TV!
- 2 Pay attention to What you are eating.** Be smart with smaller servings of higher fat and sugar foods!
- 3 Pay attention to How full you feel.** Give it a chance; appetite will help guide smart servings!
- 4 Pay attention to How active you are.** Be smart with more activity! The extra energy burned makes it easier to balance serving sizes.

This message brought to you by *CIGNA HealthCare* and the *Healthy Kids Challenge*.

Working to make healthy eating and physical activity a regular part of your life at home and at work.

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Discover Serving Sizes

Imagine the “Look” of a Serving Size

1 SERVING

3 ounces cooked meat

2 tablespoons peanut butter

1/2 cup cooked rice or pasta

1/2 bagel or 1 slice bread

1-1/2 ounce cheese

1 pancake or waffle

1 medium orange or apple

1 tortilla

1 teaspoon margarine

“EVERYDAY” ITEMS AS A GUIDE

1 deck of cards

1 ping pong ball

1 tennis ball

1 cassette tape

1 9-volt battery

1 music CD

1 baseball

1 small 7-inch plate

your thumb tip

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