

How much is too much when it comes to food?

Discovering Smart Servings

Find healthy balance with serving sizes and appetite

Surprising Study Results!



To many people, a “serving” is the amount of food dished up on their plate. A research study has shown that regardless of appetite, people eat more when served larger portions. What really surprised researchers was that people felt just as satisfied after eating smaller portions as they did after eating the larger portions!

Choose Smaller Portions of High Fat and Sugary Foods.

Question: Which has more calories, 4 medium-size fresh oranges, or 18 potato chips?

Answer: They are about the same. But look at all the oranges you get compared to 18 chips!

Discover serving sizes.

Imagine the “LOOK” of a Serving Size

<i>1 serving</i>	<i>“Everyday” items are a guide</i>
3 ounces cooked meat	1 deck of cards
2 tablespoons peanut butter	1 ping-pong ball
½ cup rice or pasta	1 tennis ball
½ bagel or 1 slice bread	1 cassette tape
1-½ ounces cheese	1 nine-volt battery
1 pancake or waffle	1 music CD
1 medium orange or apple	1 baseball
1 tortilla	1 small 7-inch plate
1 teaspoon margarine	your thumb tip

Family Talk

Discuss favorite games, sports, and active play ideas to help fight overeating when bored.

Discover how to balance serving sizes and appetite.

Pay attention to feeling full!

Reasons We Overeat:

- Super-sized portions
- We are busy doing other things like watching TV
- Boredom
- My reason _____

The Solutions:

- Smaller servings along with set snack and mealtimes.
- Enjoy food without TV, telephone or video.
- Get up and MOVE! Try active play rather than eating to chase away boredom!
- My own solution: _____

Share a super-size or buy the smaller size.

Be the first to role model these healthy changes.

At home, king-size candy bars, 20 oz. bottles of soft drink, or larger “grab” bags of chips can spell portion distortion. Buy the smaller size!

When eating fast foods, SHARE for healthy savings! A large bag of fries has twice the calories and fat as the small bag. Share a large bag with a friend and you SAVE over 250 calories and 3 teaspoons of fat.

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Resources

Kidnetic, www.kidnetic.com
 Search: “Bright Papers’ Portion Distortion, It’s How Much You Eat that Counts” for tips to recognize serving sizes

National Heart, Lung, and Blood Institute, Portion Distortion

hin.nhlbi.nih.gov/portion/
 A meal planner, sample menus, and downloadable serving size card

Fit & Fun Family Goals

Challenge: *Choose smaller portions of higher fat and sugary foods.*

Survey Says?

- 1) Read the labels on some of your family’s favorite high-fat and/or sugary foods.
- 2) In the table below, write down the serving size for each food. A few high-fat, high-sugar foods are listed to get you started. Use the spaces given for “Other” to write in foods not listed.
- 3) Survey family members to learn their usual portion sizes of those foods.
- 4) Place a checkmark in the column by those foods that are causing “portion distortion” at YOUR house.
- 5) Challenge the entire family to eat these foods in smaller servings and less often.

Higher Fat and Sugary Foods	Serving Size on Package	Amount Usually Eaten	The Foods Chosen for Goal Setting
Cookies			
Candies			
Ice Cream			
Sugared Drinks			
Snack Cakes			
Sausage and Cold Cuts			
Chips			
French Fries			
Salad Dressing			
Butter or Margarine			
Other: _____ _____ _____			