

What does a correct portion size look like?

One serving of:

- Cereal
- Vegetables
- Yogurt
- Fruit



One serving of...

- Whole Wheat Pasta
- Rice
- Frozen Yogurt



One serving of...

- Fish



One serving of...

- Whole Wheat Bread
- Pancakes
- Waffles



One serving of...

- Beef
- Chicken
- Pork



One serving of...

- Dried Fruit
- Peanut Butter
- Cheese



One serving of...

- Butter
- Margarine
- Oils



One serving of...

- Muffin
- Bagel
- Corn Bread



Healthy eating at restaurants

To reduce the size of your portions:

- ◆ Split a meal with a friend
- ◆ Take half your meal home
- ◆ Ask staff to bag half before plating your meal

To reduce the amount of calories:

- ◆ Ask for dressings and sauces on the side
- ◆ Choose salads or vegetables for your sides
 - ◆ Order water instead of soda
- ◆ Have meat broiled, baked, or grilled instead of fried

