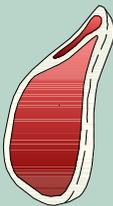


# BE PORTION AWARE

We often use the words portion and serving interchangeably, but there is an important difference.

A **portion** is the amount of a food you choose to eat. The portion you eat of the same food may differ from one meal or snack to the next based on your appetite at the time.

A **servings** is a standard amount used as a reference to give advice about how much to eat (such as a Food Pyramid serving) or to identify how many calories and nutrients are in a specific food (such as serving size used for nutrition facts on a product label).

What's A Pyramid Serving?		
	<p><b>Bread, Cereal, Rice and Pasta Group</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread</li> <li>• ½ cup cooked hot cereal, rice or pasta</li> <li>• 1 oz ready-to-eat cereal</li> <li>• 3-4 crackers</li> </ul>	
	<p><b>Vegetable Group</b></p> <ul style="list-style-type: none"> <li>• 1 cup raw leafy vegetables (like lettuce)</li> <li>• ¾ cup vegetable juice (like tomato juice)</li> <li>• ½ cup other vegetables cooked or raw</li> </ul>	
	<p><b>Fruit Group</b></p> <ul style="list-style-type: none"> <li>• 1 medium apple, banana, orange</li> <li>• ¾ cup or 6 oz of fruit juice</li> <li>• ¼ cup dried fruit (like raisins)</li> <li>• ½ cup chopped, cooked or canned fruit</li> </ul>	
	<p><b>Milk, Yogurt and Cheese Group</b></p> <ul style="list-style-type: none"> <li>• 1 cup or 8 oz of milk or yogurt</li> <li>• 1 ½ oz natural cheese (like cheddar)</li> <li>• 2 oz processed cheese (like American cheese)</li> </ul>	
	<p><b>Meat/Meat Alternate Group</b></p> <ul style="list-style-type: none"> <li>• 2-3 oz cooked lean meat, poultry or fish</li> <li>• 2 ½ oz soy protein burger</li> <li>• Count each of these as 1 oz meat: <ul style="list-style-type: none"> <li>½ cup cooked dry beans or lentils,</li> <li>½ cup tofu, 1 egg, 1/3 cup nuts or 2 tablespoons peanut butter</li> </ul> </li> </ul>	

\* Tips for Managing Portions (other side)

## **Tips for Managing Portions**

- **Get to know how much you eat.** Use measuring cups or a kitchen scale to measure or weigh your portions. You'll soon be able to estimate serving sizes.
- **Read food labels.** Check how many servings are in a package. Compare the label serving to the amount you eat.
- **Divide and conquer.** Split a deli sandwich with a friend or family member.
- **When eating out, ask about portion sizes.** For large entrees, share with someone or have half packed to go and eat it for lunch/dinner the next day. (Remember to refrigerate promptly!)
- **Good things come in small packages.** When there is a choice, opt for a small instead of a super-size portion.
- **Portion it out.** Place the amount of food you want to eat on a plate or in a bowl. Store the remainder.
- **As you like it.** Have dressings or sauces served on the side so you control the amount you use.
- **Ask for half a portion.** When getting a dessert, ask/take a half serving. When you finish with that, if you really feel hungry, then ask/get another half serving.

## ***What's in it for You?***

Eating sensible portions and being savvy about serving sizes can help you stay healthy and manage your weight.



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