

GOAL COUPON 4 -FOLLOW RECOMMENDED PORTION SIZES

Follow the recommended portion sizes in each food group to help you stay within your calorie recommendations. Doubling the portion size doubles the calories. Just 100 extra calories a day equals almost a 1-pound weight gain a month or a 10-12 pound weight gain a year. To help you follow portion sizes:

READ the label on food packages for size amounts. For example, a bagel that weighs 4 ounces is equal to 4 grains. One half of the bagel is 2 ounces or 2 grains.

USE measuring cups for portioning cereal, rice, and pasta.

USE smaller bowls and glasses for cereal and juices. Use dessert or salad plates instead of dinner plates for serving main meals. Serve desserts in small ramekins or custard cups. Measure out $\frac{1}{2}$ cup of ice cream so you don't double or triple the portion size (and call it $\frac{1}{2}$ cup!)

MEASURE $\frac{1}{2}$ ounce of nuts and seeds so you know what the serving size looks like.

WEIGH a 3-ounce portion of meat so you are aware of the size (about the size of your fist).

GOAL 4:

Stay within your calorie limits by following portion sizes. Circle and do at least 3 tips.



Use these **GetFIT Helpful Connections** to help you portion foods.

GOAL COUPON 4 -FOLLOW RECOMMENDED PORTION SIZES

Follow the recommended portion sizes in each food group to help you stay within your calorie recommendations. Doubling the portion size doubles the calories. Just 100 extra calories a day equals almost a 1-pound weight gain a month or a 10-12 pound weight gain a year. To help you follow portion sizes:

READ the label on food packages for size amounts. For example, a bagel that weighs 4 ounces is equal to 4 grains. One half of the bagel is 2 ounces or 2 grains.

USE measuring cups for portioning cereal, rice, and pasta.

USE smaller bowls and glasses for cereal and juices. Use dessert or salad plates instead of dinner plates for serving main meals. Serve desserts in small ramekins or custard cups. Measure out $\frac{1}{2}$ cup of ice cream so you don't double or triple the portion size (and call it $\frac{1}{2}$ cup!)

MEASURE $\frac{1}{2}$ ounce of nuts and seeds so you know what the serving size looks like.

WEIGH a 3-ounce portion of meat so you are aware of the size (about the size of your fist).

GOAL 4:

Stay within your calorie limits by following portion sizes. Circle and do at least 3 tips.



Use these **GetFIT Helpful Connections** to help you portion foods.