



### WHAT'S MY PORTION SIZE?



Today we learned about the portion sizes of the foods we eat! Kids are often served portion sizes that are much bigger than what their bodies actually need. We often see that foods higher in fat and salt are the ones eaten in the biggest portions.

Healthful foods like fruits and vegetables, rich in vitamins, minerals and fiber, are usually offered in the smallest portions. If we are eating too much of one food and not enough of another over time, this can lead to an increased risk for chronic (long-lasting) diseases, such as heart disease, obesity and diabetes.

### AT HOME ACTIVITY



Look for these common household items and compare them to the portion sizes of foods you commonly would serve or eat.

- Baseball
- Deck of cards
- Lightbulb

Shape portion sizes to individual needs. If children are given larger portion sizes, they tend to eat more. Try using smaller dishes. This helps portions look bigger. If you are still hungry when you are finished, try second helpings of vegetables and fruits to help fill you up!

Click on [choosemyplate.gov](http://choosemyplate.gov) for help with understanding portion sizes.

### PLAN A FAMILY ACTIVITY

More activity won't just happen. Your family needs to plan for it.

- Start taking a family walk or bike ride after your evening meal.
- Arrange a family outing on the weekend that includes activities such as canoeing or roller blading.
- Increase your family's activities in small ways; Park your car farther away when you go to the store or always take the stairs instead of the elevator or escalator.

