



### PORTION DISTORTION



Often the portion size of food and/or drink we eat is enough for two or three people. This increase in portion size is changing what we think of as a “normal” portion. A portion is the amount of food that you choose to eat for a meal or snack.

A serving is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk. Many foods that come as a single portion actually contain multiple servings. The Nutrition Facts label on packaged foods—found on the backs of cans, sides of boxes, etc. — tells you the number of servings in the container.



### AT HOME ACTIVITY

Eat a family meal based on the suggested serving sizes for the items you select. If you’re having spaghetti, look at the Nutrition Facts label and serve up each family member the suggested serving size.

Do the same for the meat, sauce, and/or bread with your meal. What does each family member notice about this experiment? Are you used to serving up more than what is suggested? What changes to the suggested serving size of a family meal could you make to maintain health and balance? Try to stay close to the suggested portions and be sure to include healthful and colorful fruits and vegetables.

### SLOW DOWN AND ENJOY YOUR FOOD



The next time you eat, pay particular attention to the experience: chew eat, and bite many times; notice the texture and feel of the food in your mouth. What are the tastes both obvious and subtle? It takes 20 minutes for our brains to register that we are full. By slowing down and enjoying the food, it will help us control how much we eat and make mealtime more enjoyable for everyone around the table.