



Portion Sizes



Dear Parent,

Today your child learned about portion sizes. The amount of food we eat may be more than our body needs. Be a good role model. Watch the amount of food you eat and serve to your child, especially those foods high in fat and sugar. If you have questions, contact your local Extension office:



MUFFIN



210 calories
1.5 ounces

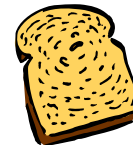
500 calories
4 ounces

- **Eating more calories than your body uses causes weight gain.** If you eat 100 extra calories each day you could gain about 10 pounds a year.
- **Measure how much your bowls, glasses, cups and plates hold** so you have some idea of how much you are eating and drinking.
- **To know how many servings of foods you are eating read the Nutrition Facts labels.** Look for both the serving size and the number of calories per serving on the food label.

- Know how many ounces of grains you eat.

1 ounce of grains is about equal to:

- 1 slice of bread or
- 1 cup of cereal flakes or
- 1/2 cup of cooked rice, cereal or pasta



How Much Should You Eat?

Let's look at an example: The **average** person needs about 6-ounces of grains each day. **How much would that be?**

BREAKFAST	1/2 cup cooked oatmeal (cereal)
LUNCH	2 slices of bread (sandwich)
DINNER	1 cup of noodles (spaghetti) 1 small slice of garlic bread

