

# KEEP AN EYE ON YOUR PORTION SIZE...



# GO THE HEALTHY WAY...

**EAT WELL, LIVE WELL AND FEEL GREAT!**

Take the HEALTHY WAY CHALLENGE at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) and test your knowledge to see if you are 'portion-wise'.

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# "CAUTION": Portion sizes may be LARGER than they appear..

With the emphasis on 'getting more for your money', many people have lost sight of standard portion sizes. Eating large portion sizes can lead to overeating resulting in overweight and obesity.

## HOW WELL DO YOU KNOW YOUR PORTION SIZES?

Whether you're grocery shopping, cooking, eating on the run, or dining out, you have to make quick decisions on how much to buy, make or eat. It can be challenging at times to make wise choices!

Using CANADA'S FOOD GUIDE TO HEALTHY EATING (CFGHE) as your guide, guess how many servings are in each of the following foods?

1. How many servings of GRAIN PRODUCTS are there in a 12-inch submarine bun?	a. 2 servings	b. 5 servings	c. 6 servings
2. About how many servings of MEAT AND ALTERNATIVES are there in the meat patty of a quarter pound burger?	a. 1 serving	b. 2 servings	c. 3 servings
3. About how many servings of VEGETABLES AND FRUIT are there in a 360 mL bottle of juice?	a. 1 serving	b. 2 servings	c. 3 servings
4. How many servings of GRAIN PRODUCTS are there in a spaghetti dinner in a typical restaurant?	a. 2 servings	b. 4 servings	c. 6 servings
5. How many servings of MILK PRODUCTS are there in 1 slice (25 g) of processed cheese?	a. none	b. ½ serving	c. 1 serving

## ANSWERS

- a** Yes indeed! A 12-inch submarine bun gives you 6 servings of GRAIN PRODUCTS. Since CFGHE recommends 5-12 servings per day, if you are on the lower end of energy requirements, this could be more than your entire days' supply of GRAIN PRODUCTS. Think of sharing it with a friend!
- b** A quarter pound (120 g) burger gives you approximately 2 servings as one serving of MEAT AND ALTERNATIVES is 50-100 g. Since CFGHE recommends 2-3 servings per day, this burger might just be all you need for the day! Try a small burger instead.
- c** One serving of juice is 125 mL. This bottle of juice counts as 3 of the recommended 5-10 VEGETABLES AND FRUIT for the day.
- c** A common restaurant portion size of spaghetti is 3 cups which equals 6 servings of GRAIN PRODUCTS. Eyeball the portion size you need and take the rest home.
- b** One slice of processed cheese equals ½ serving of MILK PRODUCTS. Get the rest of the recommended 2-4 servings from other foods such as milk and yogurt.

Keep your 'eye on portion size', use these visual images to help you:

Canada's Food Guide to Healthy Eating recommends every day for adults....	Specific Food	Portion Size	Looks Like
<b>Grain Products</b> 5-12 servings	Pasta, rice Bagel	125 mL (1/2 cup) ½ small	½ baseball 1 hockey puck
<b>Vegetables and Fruit</b> 5-10 servings	Fresh fruit such as apple, orange Dried fruit Baked potato	1 medium piece 60 mL (1/4 cup) 1 medium	1 baseball 1 golf ball Computer mouse
<b>Meats and Alternatives</b> 2-3 servings	Meat, poultry, fish Cooked kidney beans Nuts, such as peanuts or almonds	50-100 g cooked 125-250 mL (½-1 cup) 75 mL (1/3 cup)	Deck of cards or palm of your hand ½ - 1 baseball Cupped palm of hand
<b>Milk products</b> 2-4 servings	Yogurt Cheese	175 g (3/4 cup) 50 g (2 ounces)	175 g (6 ounces) yogurt container 3 dominoes



Have Nutrition questions? Dietitians provide food and nutrition information you can trust.

To find a Registered Dietitian, check out the Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca) or call the Consulting Dietitians of Canada at 1-888-901-7776.

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