



Portion Awareness

Tips for controlling portions

- Use serving size information listed in Nutrition Facts on food packages. This information will help you determine how many calories are in the amount you choose.
- Use smaller plates and bowls. Plates and bowls have gotten bigger over the past few decades. Use child-size plates and bowls for young children.
- Let children serve themselves from the foods available for the meal. Don't force or bribe them to eat everything on their plate.
- Order smaller portions at restaurants or ask for a container for leftovers at the same time that you order. Research shows that people who get a container for leftovers at the start of their meal tend to eat less.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Photo credit: US, FDA

- Use a measuring cup to see what a cup of cereal looks like in a bowl or a half cup of rice looks like on a plate.

For more information, please contact your county UW-Extension office:

<http://counties.uwex.edu>

Why does portion awareness matter?

Research shows that when people are given larger portions of food or beverages they tend to consume more calories. Consuming more calories than needed can lead to weight gain.

Choose nutrient-dense, lower calorie foods

- Eat a variety of fruits and vegetables. These foods are packed with vitamins and minerals. Eat red, orange and dark green vegetables often.
- Choose whole grain foods, such as brown rice, in place of refined grains. Check the ingredient list on the package to find whole-grain foods.
- Switch to skim or low-fat milk. They have the same amount of calcium, vitamin D, protein and other essential nutrients, but less fat and calories.
- Vary your protein choices. Beans are a low-cost protein choice and a natural source of fiber.
- Choose fish and other seafood in place of some meat and poultry.
- Keep meat and poultry choices small and lean.



Photo credit: USDA, Food and Nutrition Service

Check out <http://www.choosemyplate.gov/> for recipes, menus and more information on healthy eating for children and adults.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](http://www.fns.usda.gov/snap/contact_info/hotlines.htm) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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