

FAMILY CORNER

SIZE WISE

To maintain a healthy weight, how much you eat is just as important as what you eat. It is a good idea to watch your portion sizes because this allows you to:

to help you understand
how much is right!

GET TO KNOW SERVING SIZES

1	BREAD 1 oz - 1 slice of whole wheat toast or half a bagel
2	CEREAL 3/4 cup
3	RICE/ PASTA 1/2 cup
4	FRUIT & VEGETABLES 1/2 cup - the same size as a tennis ball
5	SALAD DRESSING, OLIVE OIL, CANOLA OIL 2 tablespoons
6	MEAT 3 oz - the same size as a deck of cards
7	CHEESE 1 oz - the same size as a pair of dice
8	MILK 1% or non-fat 1/2 pint, or 8 fl. oz

EAT A HEALTHY AMOUNT AT EACH MEAL AND THROUGHOUT THE DAY. If you are able to eat the right amounts for you, it will help you avoid weight gain that can lead to diseases later in life such as diabetes and heart disease.

EAT ENOUGH OF THE GOOD FOODS AND NOT TOO MUCH OF THE BAD FOODS. If you limit the amount of high fat and high sugar foods you eat, you leave room on your plate for healthier choices such as whole grains and fruits and vegetables. Vitamins and minerals from the good food help children grow and focus in school.

Revolution Foods' lunches are served with a healthy and sensible amount of good food such as brown rice, all-natural meat, fresh vegetables and always a piece of fresh fruit and milk on the side. Vegetarian meals include healthy proteins such as tofu and pinto beans.

Revolution Foods' meals are balanced on quality, but just as importantly, made with portion sizes appropriate for the children eating them.

Think about serving sizes to choose a sensible portion. Encourage your family to balance how much they eat with what they eat and everybody will be well on their way to maintaining a healthy weight for life.