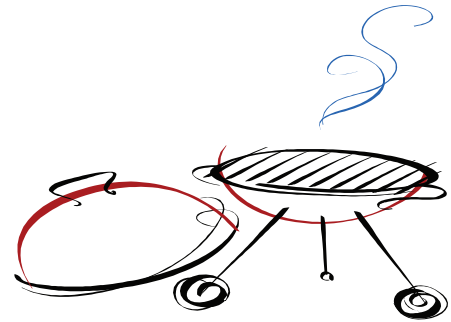


Grill Me About...

Serving Sizes



Ask me what I learned about **Serving Sizes** in my **GrowingGreat Classroom Nutrition Lesson**:

1. What is the definition of a serving size?
2. What does the serving size of a protein food look like? A fresh fruit? A cooked vegetable?
3. Where do you find the serving size of a processed or packaged food?

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Answers:

1. *A serving size is a measured amount of food, usually the suggested amount to eat of a particular food.*
2. *Protein = size of your palm; fruit = tennis ball; vegetable = light bulb.*
3. *On the nutrition facts label—Remember to read how many servings are contained in the package or bottle!*

Healthy Chili Toppings

- Whole grated cheese
- Chopped red onions
- Diced tomatoes
- Chopped avocado
- Diced chili peppers
- Whole grain corn chips

In this lesson, the children sampled:
vegetarian chili and tortilla chips.

Chili makes a great meal or, in smaller serving sizes, is also a great after school snack. High-quality canned options are easy for kids to prepare for themselves.

GrowingGreat thanks the following companies for their generous contributions which made food sampling possible for this lesson:

Classroom Nutrition Lesson #3

Filling Up: What is a Serving Size?



Serving Sizes


Did you know portions have grown significantly over the past 20 years? Chocolate bars are up to 10 times larger, soda increased from 6.5 ounces to the super-sized 32 ounce options and bagels, once baked in reasonable 3 inch diameter portions, are now 6 inches in diameter.

Serving sizes are measured amounts of food set by the USDA. Typically a serving size is what is recommended we eat of certain foods such as high quality proteins, fats and carbohydrates.


A portion is the amount we are served or that we choose to put on our plate. Portions are often 2 to 3 times the recommended serving size.

Research shows that children under 5 eat the same amount of food regardless of how much is on their plate. They eat until they are satisfied and do not typically overeat. Starting at age 5 people tend to eat more when larger portions are put on their plate, meaning it is easier to overeat when we don't pay attention to serving sizes.


Common objects can be used to estimate the recommended serving sizes of the foods you eat.


Cooked pasta, rice or potato = 1/2 cup or half a baseball 

Bread = 1 slice or the size of a CD case 

Pancakes = One 5-inch disc or the size of a CD 

Chips, crackers, pretzels = 2 ounces or 2 handfuls 

Nuts and seeds = 1 ounce or 1 handful 

Salad = 1 cup or the size of a tennis ball 

Cooked vegetables = 1/2 cup or the size of a light bulb 

Liquids = 8 ounces or 1 measuring cup 