

KNOW YOUR SERVING SIZE

Servings in restaurants, coffee shops and supermarkets are getting larger and larger. It is no wonder why so many people are confused about what a healthy serving size is. We are continuously bombarded with extra large servings such as super-size or biggie size which appear to save us money. However, in the long run, our bodies are paying for it. As serving sizes grow so do our waist lines! Knowing what a healthy serving size looks like will help you put an end to portion distortion.

Eating Well with Canada's Food Guide identifies what a healthy serving size is making it easy to plan meals.

Figuring out the Food Guide servings will take time. Measuring food is more accurate but is not always convenient. Estimating a Food Guide serving can be as simple as using visual aides like the palm of your hand, a tennis ball or golf ball. The serving size guide will help you visualize a serving size.

What is One Food Guide Serving? Look at the examples below.

 <p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p>		 <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p>		 <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p>		 <p>100% Juice 125 mL (½ cup)</p>					
 <p>Bread 1 slice (35 g)</p>		 <p>Bagel ½ bagel (45 g)</p>		 <p>Flat breads ½ pita or ½ tortilla (35 g)</p>		 <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p>		 <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p>		 <p>Cooked pasta or couscous 125 mL (½ cup)</p>	
 <p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p>		 <p>Canned milk (evaporated) 125 mL (½ cup)</p>		 <p>Fortified soy beverage 250 mL (1 cup)</p>		 <p>Yogurt 175 g (¾ cup)</p>		 <p>Kefir 175 g (¾ cup)</p>		 <p>Cheese 50 g (1 ½ oz.)</p>	
 <p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p>		 <p>Cooked legumes 175 mL (¾ cup)</p>		 <p>Tofu 150 g or 175 mL (¾ cup)</p>		 <p>Eggs 2 eggs</p>		 <p>Peanut or nut butters 30 mL (2 Tbsp)</p>		 <p>Shelled nuts and seeds 60 mL (¼ cup)</p>	

What more can I do?

You don't have to "clean your plate"...

Eating just so your plate is clean is an idea that you should try to abandon. Start with smaller portions, pace yourself and enjoy the taste of your food. Listen to your body and stop when you feel satisfied. Save the leftovers for the next day when you can enjoy the same great taste all over again.

Don't forget to read the labels...

Packaged foods have nutritional information listed right on the package. Keep in mind that the amount of calories, fat and other nutrients are based on the specific serving size stated. Often the serving size is not the entire package, for example, a serving of soup may be 250 ml, not the entire can.

Smart Snacking

Including snacks in your day is a great way to keep you satisfied and you are less likely to over eat at your next meal. Smart snacking means making healthier choices which can be quick and easy to eat and prepare. Consider crackers and peanut butter, low fat cheese and diced fruit or low fat yogurt with some trail mix.

Also consider:

- Purchasing single portion snacks to avoid eating more than one
- Eating snacks from a bowl instead of out of a bag
- Having clean, cut up fruits or vegetables ready in your fridge for snacking or meals

Eating less when eating out...

The portion sizes at restaurants are usually double or triple the size of a healthy serving. Pasta is a great example. A large plate of pasta or large bagel can count for up to 3 to 4 grain Food Guide Servings at just one meal. Eating out is a reality for some people so here are some easy ways to eat less when eating out.....

- Ask for sauces, dressings or gravies on the side as they can be loaded with fat. Aim for a teaspoon which is one serving of fat.
- Save half of your meal for lunch the next day
- Choose smaller portions instead of super-sizing
- Share desserts with a friend or two
- Avoid skipping meals as you are more likely to overindulge



Measuring Up...

Use this handy tool to figure out the healthy serving of your favourite foods. Cut it out, post it on your fridge or put it in your purse so it's always on hand.



Slice of Bread



CD Case



Bagel



Hockey Puck



Cold Cereal



Amount equal to Closed Fist



Apple



Tennis Ball



Pasta



Small can of Tomato Paste,
156 mL



Potato



Computer Mouse



Salad



Piled on an Open Hand



Milk, 250 mL



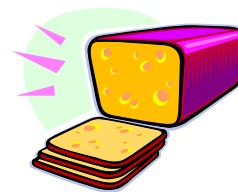
Closed Fist



Yogurt, 175 g



Light Bulb



Cheese



Index and Middle Finger



Meat



Palm of a Woman's Hand



Peanut Butter



Golf Ball