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## PORTION CONTROL

A guide (based on standards that most nutritionists follow) to what one serving should look like.

Size It Right

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<b>Steak</b> <b>iPod Classic</b>	<b>cheese</b> <b>matchbox</b>	<b>pancake</b> <b>DVD</b>
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<b>pasta</b> <b>ice cream scoop</b>	<b>potato</b> <b>mouse</b>	<b>fish</b> <b>checkbook</b>
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<b>peanut butter</b> <b>golf ball</b>	<b>beans</b> <b>lightbulb</b>	<b>dark chocolate</b> <b>dental floss</b>

Eat one (or more) fruit or vegetables at every meal and snack. Track it by putting a check mark on your calendar for every fruit and veggie you eat for the next few weeks. Aim for 2 to 4 servings of fruit and 3 to 5 servings of veggies daily.

Tips for Home

### Energy In:

- ✓ Choose food portions no larger than your fist
- ✓ Choose a checkout line without a candy display
- ✓ Eat a low-fat, high-fiber breakfast- it makes you less hungry later in the day
- ✓ Cut high-calorie foods like cheese and chocolate into small pieces and eat fewer pieces

### Energy Out:

- ✓ Park further from the entrance of the store and walk in (actually saves you time too!)
- ✓ Buy a set of hand weights and play a round of Simon Says with your children- you do it with weights and they do it without
- ✓ Choose "labor spending" devices instead of "labor-saving" devices: wash the car by hand, rake the leaves instead of using a blower
- ✓ Go on a walk after dinner as a family
- ✓ Take family outing to the park to play Frisbee, hike, or play sports together