



What is your portion size?

TIPS FOR PARENTS

Healthy-Size Not Super-size Your Kids!!

Help your children eat healthy portions at meal and snack time. You'll be giving them the tools they need to keep a healthy weight through their lifetime!

1. No more “clean plate club!” Don’t make your children finish everything on their plate when they are done eating.
2. You are a health role model for your children, be a good one by making sure you eat healthy-sized portions.
3. Talk about how to visualize healthy portions of food (your palm is about the size of a 2-3 ounce portion of meat; a cup of fruit is about the size of a baseball; one teaspoon of butter is about the size of one dice).
4. Measure snacks into a bowl rather than eating out of the bag.
5. Read food labels with your children to talk about portion sizes and how many portions are in the package. Use these conversations to help them make smart choices about healthy foods and healthy portions.
6. When eating out, choose regular-size foods rather than super-sized ones unless you plan to share. Try family-style dining, ordering one or two entrees to be shared.