





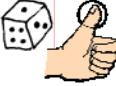


What's a Healthy Portion Size?

A **portion** is the amount of food a person eats. When you are given a larger portion of food you are likely to eat more. These larger portions can make you gain weight. The portions you eat in a restaurant or at home are often larger than what you need to feel full and meet your nutrient needs. Eating smaller portions of food can help you control your weight.

What does a serving from Canada's Food Guide look like?

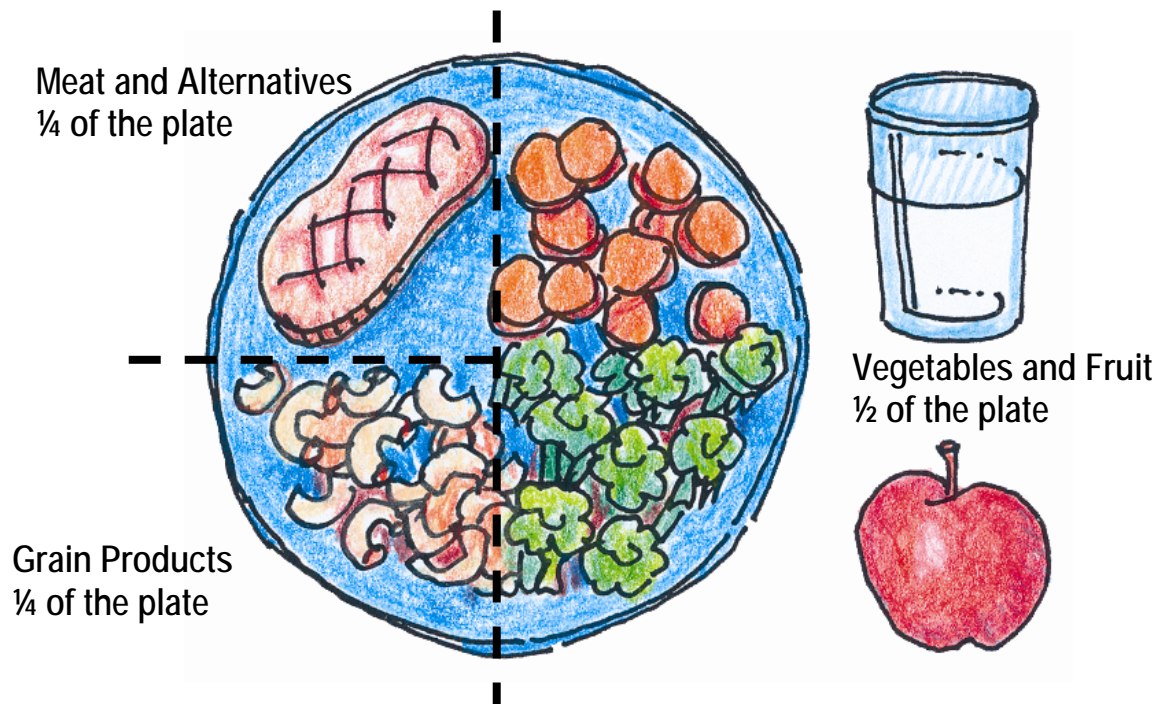
A **serving** is a specific amount of food according to Canada's Food Guide. You do not need to weigh or measure foods to know the serving size. This handout will help you figure out how many Food Guide servings are in the portions on your plate. The table below shows common items that are about the same size as serving sizes from Canada's Food Guide.

Item	Amount of food	Food	Number of servings from Canada's Food Guide
Baseball 	250 mL (1 cup)	Salad	1 serving of Vegetables and Fruit
		Fresh, frozen or canned vegetables or fruit	2 servings of Vegetables and Fruit
		Cold cereal	1 serving of Grain Products
		Rice, pasta, bulgur, quinoa or couscous	2 servings of Grain Products
		Milk	1 serving of Milk and Alternatives
Tennis ball 	175 mL (¾ cup)	Whole vegetable or fruit, medium size	1 serving of Vegetables and Fruit
		Hot cereal	1 serving of Grain Products
		Yogurt	1 serving of Milk and Alternatives
		Beans, lentils or tofu	1 serving of Meat and Alternatives
Hockey puck 	125 mL (½ cup)	Fresh, frozen or canned vegetables and fruit	1 serving of Vegetables and Fruit
	75 g (2 ½ oz.)	Rice, pasta, bulgur, quinoa, couscous, ½ large bagel	1 serving of Grain Products
		Fish, shellfish, poultry or lean meat	1 serving of Meat and Alternatives
2 White erasers 	50 g (1 ½ oz.)	Cheese	1 serving of Milk and Alternatives
Golf ball 	30 mL (2 Tbsp.)	Peanut or nut butter	1 serving of Meat and Alternatives
2 Golf balls 	60 mL (¼ cup)	Dried fruit	1 serving of Vegetables and Fruit
		Nuts and seeds	1 serving of Meat and Alternatives
Dice or thumb tip 	5 mL (1 tsp.)	Butter, margarine or mayonnaise	Oils and Fats
		Sugar	Sugars

To find out how many servings of food your family needs in a day, see Canada's Food Guide; available online at: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

What is a healthy plate?

Imagine your plate divided into three sections like the picture below. At least half ($\frac{1}{2}$) of your plate should be Vegetables and Fruit. The other half of your plate can be split into quarters. One quarter ($\frac{1}{4}$) for Grain Products, and one quarter ($\frac{1}{4}$) for Meat and Alternatives. Complete the meal with a choice from Milk and Alternatives, for example, 1 cup (250 mL) of milk. This is what a healthy plate looks like. Choose a medium sized plate (about the size of a Frisbee®) to help you keep your portions healthy. If you must use a large plate, fill only the middle of the plate. Don't fill a larger plate right to the edge with food.



Choose the portion size that will help you to get to or stay at a healthy weight.

Tips to help you eat healthier portions

- ✓ Eat within the first 2 hours of waking up.
- ✓ Eat at least 3 meals a day. Each meal should have at least 3 to 4 food groups.
- ✓ At meals eat more Vegetables and Fruit than other foods.
- ✓ If meals are more than 5 hours apart have a small snack. Make it a fruit or vegetable.
- ✓ Use smaller bowls, plates and glasses.
- ✓ If you are going to eat foods high in fat, sugar or salt, like ice cream and chips, do not eat out of the container or bag. Put a small portion on a plate or in a bowl and put the bag away.
- ✓ Serve yourself in the kitchen. Put leftovers away before you eat. Large bowls of food on the table makes it easy to eat more food.
- ✓ Try not to eat in front of the TV or at the computer.
- ✓ Wait 20 minutes after eating before you take a second helping.
- ✓ Stop eating when you no longer feel hungry. You do not have to "clean your plate". Your body can tell you when you are full.