



Not Too Much, Not Too Little...Just Right! Issue 3

Portion Control

Children need plenty of healthy food every day to grow up strong. Adults need the same to stay healthy. However, research shows that eating and drinking too much will add unwanted pounds. Teaching your children to eat the right amount of food for them will help them feel good and live longer, healthier lives. Here are some teaching tips:

Know the Facts!

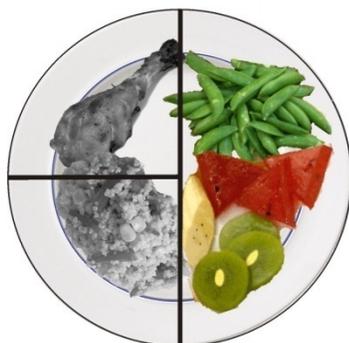
Look at the Nutrition Facts on foods and drinks. Offer your child the amount equal to one serving or less. Then, offer more if they are still hungry.

Nutrition Facts	
Serving Size 1/3 cup (40g/1.4 oz)	
Servings Per Container 11	
Amount Per Serving	
Calories 135	Calories from fat 9

Eat the Rainbow!

Encourage your child to choose fruits and vegetables first. They taste great, are low in calories and are naturally rich in nutrients children need to grow and be healthy. Offer fruits and veggies at every meal!

“Color at least half your plates with fruits and veggies.”



Listen to Your Body!



Instead of asking your child to clean their plate, encourage them to stop eating when they are not hungry anymore. Save money by safely storing any uneaten food for another meal or snack.

Make Dinnertime ... Dinner Time!

Avoid distractions, like driving or television, when eating. Distractions keep us from recognizing when we are satisfied. Pleasant mealtime conversation, however, helps us better enjoy our food.



Share!

Sharing a large meal purchased from a restaurant will save you money and shrink portions.

Easy Fruit Salad



- 1 can (15 ounce) drained fruit cocktail
- 2 sliced bananas
- 2 oranges, cut into bite-sized pieces
- 8 ounces low-fat piña colada yogurt

Instructions:

Mix fruit in a large bowl. Add yogurt and mix well. Chill in refrigerator before serving. Makes 8 servings.

Calories: 83 per serving

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (775)684-0500. The USDA is an equal opportunity provider and employer.



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