Did you know...

• Portions are the amount of food offered in a package of food, at a restaurant, or the amount you choose to put on your plate.
• Eat the proper portion by using your child’s hand to measure out the age-appropriate amount, and placing it in a different dish.

Using The Child’s Hand

A Thumb = Child-sized portion of low-fat cheese
A Handful = Child-sized portion of snack food
Thumb tip = Portion of fat (like butter and low-fat salad dressings)
A tennis ball = Portion of fruit or veggies
A palm = A child-sized portion of meat
A fist = A child-sized portion of starches (rice, pasta, etc.)

Choose a goal that’s right for you!

☐ I will use a smaller plate and give myself smaller portions
☐ I will use half my plate for fruits and veggies, a quarter of it for starches, and the last quarter for meats and protein
☐ I will measure out food in a different dish instead of eating right from the package
☐ I will only get second helpings of veggies
☐ 

PARENT CORNER

IF your child is still hungry: Try pre-feeding — give veggies 20 minutes before the actual meal.

IF your child eats too fast: Make it a game where your child needs to put down utensils between each bite.
# Proper Portions

**Tips to control my portion size!**

**Child’s Name:**

**Other Goal:**

<table>
<thead>
<tr>
<th>Check the box each time you reach your goal</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>I will use a smaller plate and give myself smaller portions</td>
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<td>Half my plate was fruits and veggies, a quarter was starch, and the rest was meat/protein</td>
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<td>I will measure out food in a different dish instead of eating from the package</td>
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<td>Other Goal</td>
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</tbody>
</table>

**Great Job!!! You are a Portion Master!**