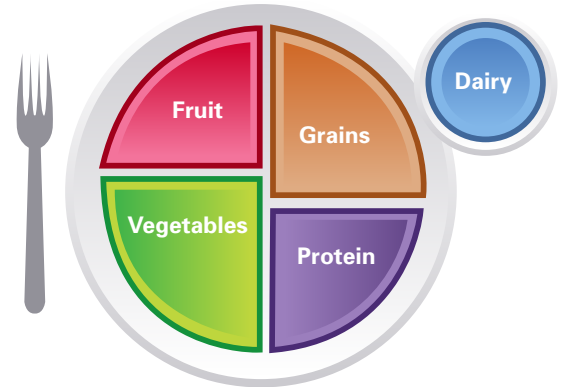


# Proper Portions

Tips to control my portion size!

## 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: \_\_\_\_\_

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

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