

# HOW MUCH SHOULD I EAT?

**DEPENDING** on your size and activity level, you need to eat a certain amount of healthy calories each day. The amount of protein a person needs is a function of body weight and size. Carbohydrates, followed by fats, provide the body with fuel and energy. The more active a person is, the more carbs and fat they will need to provide the fuel, and subsequently, the more calories they will consume.















A 4-ounce serving of meat is about the size of a deck of cards and fulfills the daily recommended portion of meat. A serving size of vegetables

is only ½ cup cooked or 1 cup raw (lettuce). A giant muffin or bagel is more than 1 serving! We recommend pairing portions of meat with twice as many vegetables.



INSTEAD OF THIS	CHOOSE THIS
WHITE BREAD	Whole grain bread with 3g of fiber per slice
REGULAR PASTA	Whole wheat pasta
WHITE RICE	Brown rice
JUICE	Fresh or frozen fruit
CANNED VEGETABLES	Fresh or frozen vegetables
BOTTLED SALAD DRESSING	Oil, vinegar (or lemon), salt and pepper
SUGARY CEREAL	Cereal with at least 3 grams of fiber and less than 5 grams of sugar

## SEVEN WAYS TO SIZE UP YOUR SERVINGS

MEASURE FOOD PORTIONS so you know exactly how much food you are eating. When a food scale or measuring cups aren't handy, you can still estimate your portion.			
1	3 oz of meat is about the size and thickness as a deck of playing cards or an audiotape cassette.		= 
2	A medium apple or peach is about the size of a tennis ball.		= 
3	1 oz of cheese is about the size of 4 stacked dice.		= 
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.		= 
5	1 cup of mashed potatoes or broccoli is about the size of your fist.		= 
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.		= 
7	1 ounce of nuts or small candies equal one handful.		= 

### MOST IMPORTANT

Especially if you are cutting calories, remember to keep your diet nutritious.



2-3 servings from the Milk Group  
for calcium



2-3 servings from the Fruit Group  
for vitamin C



2-3 servings from the Meat Group  
for iron



6-11 servings from the Grain Group  
for fiber



3-5 servings from the Vegetable Group  
for vitamin A

## HOW MUCH SHOULD I EAT?

FOOD GROUP AND SERVING	CHILDREN (10 AND UNDER)	TEENAGERS	ADULTS
<b>GRAINS</b> 1 sliced of whole-grain bread ½ cup of cooked whole-grain cereal, rice or pasta	5 or less servings	Girls–9 servings Boys–11 servings	6-9 servings
<b>VEGETABLES</b> 1 cup raw leafy vegetables 1/2 cup of other vegetables	3-5 servings	Girls–4 servings Boys–5 servings	4-5 servings
<b>FRUITS</b> 1 medium apple, orange, pear, peach or ½ banana	2-4 servings	Girls–3 servings Boys–4 servings	4-5 servings
<b>CALCIUM FOODS</b> 1 cup of milk, soy milk, yogurt ½ cup cooked broccoli, spinach, kale	2-3 servings	Girls–3 servings Boys–3 servings	3-5 servings
<b>PROTEIN FOODS</b> 2-3 oz lean meat, poultry or fish ½ cup cooked dry beans 1 egg or 1/3 c. nuts 2 tbsp peanut butter, almond or soy butter	2-3 servings	Girls–2.5 servings Boys–3 servings	5-7 servings

## WHEN YOU'RE EATING OFF SOMEONE ELSE'S PLATE

- k Choose grilled instead of fried (crunchy or crispy / fried)
- k Avoid processed salad dressings; ask for olive oil and vinegar
- k Choose small size drinks; ask for water
- k Ask for extra sides of vegetables, steamed if possible