



Right Bite!

A Newsletter for Healthy Eating

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Vol 1 Issue 7

Size Matters!

FCS 217

What Size is Your Serving?

The difference between a serving size and a portion size can be confusing. A serving size is the recommended amount of food to eat at one time from each of the food groups. A portion size is the amount of food you *choose* to eat at any one time, and may be more or less than a serving.

Servings Add Up!

A healthy diet calls for more than just choosing healthy foods like fruits, vegetables, whole grains, and low-fat dairy products. It also means looking at how much you are eating. Bigger food portions have more calories. More calories may cause weight gain, and being overweight can put you at risk for heart disease, diabetes, and some cancers.

Did You Know?

Ten french fries equal one serving!

Food portion sizes have grown over time. In the 1950's a "family size" bottle of soda was 26 ounces; now a single serve bottle is 20 ounces!



Easy Ways to Control Portion Sizes!

- ✿ **Take food (a standard serving size) out of the package.** It is easier to control the amount you eat by putting food on a plate or in a bowl.
- ✿ **Avoid eating in front of the T.V. or while you are busy with other activities.** It is easy to lose track of what you're doing and overeat.
- ✿ **Serve food on plates instead of putting serving bowls on the table.** This way having second helpings won't be quite so easy.
- ✿ **Read food labels and measure label servings to see their sizes.** This takes a little time and practice, but it is well worth it.
- ✿ **Limit eating out.** When you do go out to eat, try sharing an order with a friend or taking the leftovers home. Also, try to avoid "super-sizing".

Let the Pyramid Be Your Guide

The Food Guide Pyramid will help you choose the foods you and your family need to eat every day to grow and stay healthy.



	Less Active Women, Older Adults	Children, Teen Girls, Active Women, Less Active Men	Teen Boys, Active Men
Calories	About 1,600	About 2,200	About 2,800
Grains Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	2-3	2-3	2-3
Meat Group	2 (total of 5 ounces)	2 (total of 6 ounces)	2 (total of 7 ounces)

Right Bite Recipe

Carrot Apple Muffins

Ingredients:

- ½ cup applesauce
- ½ cup apples (peeled & chopped)
- 1 teaspoon cinnamon
- 2 eggs
- 6 tablespoons flour
- 1 teaspoon baking soda
- 2/3 cup powdered non-fat milk
- ¼ cup sugar
- ½ cups carrots (grated)

Directions: Mix all ingredients together. Spray muffin tin with non-stick cooking spray. Divide equally. Bake at 350° F for 25 minutes.

Food Safety Corner



Microwave Safety Tips

- Do not put plastic containers like margarine tubs, take-out boxes, and whipped topping bowls in the microwave. They can melt causing harmful chemicals to leak into food.
- Never use thin plastic storage bags, brown paper bags, newspapers, or aluminum in the microwave.

Stir or rotate food half way through the microwaving time to make sure no cold spots are left where harmful bacteria can survive

How much is a serving?

Use common objects to help with portion sizes

1 ounce of cheese	4 dice	
2-3 ounces of cooked meat, fish or poultry	deck of cards	
medium piece of fruit	tennis ball	
1/2 cup of chopped fruit or vegetables	light bulb	
1 small baked potato	computer mouse	
½ cup of pasta, rice, or cereal	baseball	



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For more information about food, nutrition, or health, contact your local County Extension Office.



Thrifty Shopping Tips

Smart shoppers get more for their money!

General Rules:

- ❖ **Shop alone if possible.** When family members are along, you tend to buy more.
- ❖ **Know the regular prices of items you usually buy.** This will help you recognize when an advertised special is really a bargain.
- ❖ **Keep your eyes open for unadvertised specials in the store.** These can save you money, but remember...not all items displayed at the end of the aisles are sale-priced.
- ❖ **Compare national brands, store brands, and generic items.** Generic items have plain, simple packaging and are usually less expensive.