

Perfect Portions

Benefits of Appropriate Serving Sizes:

1. Helps to maintain a healthy weight.
2. Getting the right amount of healthy nutrients is important to a child's health.
3. Helps provide important nutrients while keeping calories under control.

Farmers Market or Green Cart Shopping List

For a perfectly portioned meal, fill half your plate with fruits and veggies from your local market!

Family Goal

Goal: Prepare three dinners that use the portion plate!

Example: One serving of peas the size of a light bulb, 1 serving of grilled chicken the size of a deck of cards, 1 serving of whole wheat pasta the size of a baseball, 2 tablespoons of tomato sauce and a tablespoon of Parmesan cheese.

1st Dinner: Vegetables/Fruit: _____

Protein (Ex: chicken, turkey, fish, eggs, tofu): _____

Grains (Ex: bread, pasta, rice, potato): _____

2nd Dinner: Vegetable/Fruit: _____

Protein (Ex: chicken, turkey, fish, eggs, tofu): _____

Grains (Ex: bread, pasta, rice, potato): _____

3rd Dinner: Vegetable/Fruit: _____

Protein (Ex: chicken, turkey, fish, eggs, tofu): _____

Grains (Ex: bread, pasta, rice, potato): _____

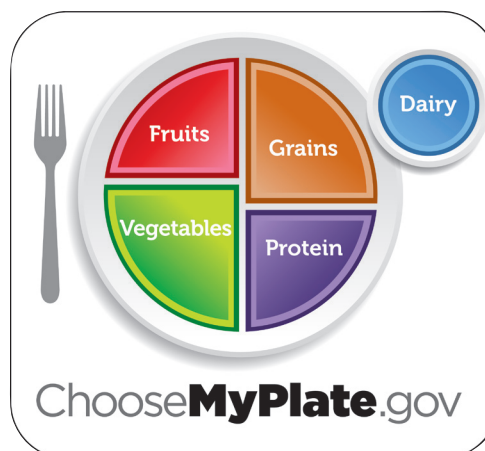
Your plate should include:

1/2 Vegetables and Fruit

1/4 Grains

1/4 Protein and

1 cup fat-free or low-fat milk or fortified soy milk



Serving Sizes:

Vegetables 

Fruits 

Grains 

Protein 

At-Home Tools

Health Tip

Serve a variety of fruits and vegetables every day.

New Portion Words to Use

1. Amount
2. More
3. Less
4. Full
5. Hungry

Books

The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear by Don Wood

Eat Your Dinner, Please by Allia Zobel-Nolan

Mouse Mess by Linnea Riley

Did you know...

It takes 20 minutes for your brain to register that your stomach is full. Eat slowly!

Strategy

Use smaller plates to serve food.



Delicious Recipes

Colorful Turkey Tacos

Cook ground turkey in a pan with 1 teaspoon of vegetable oil. Chop fresh tomatoes, green pepper, and iceberg lettuce into small bowls. Grate low-fat or fat-free cheddar cheese into small bowl. Warm whole wheat tortillas in oven and then layer ingredients into shell and enjoy!

Perfectly Measured Fruit Parfait

Practice measuring as you layer a ½ cup of plain fat-free or low-fat yogurt under a ½ cup of fresh or thawed frozen fruit. Then repeat and add a small handful of oat cereal on top for a wholesome crunch!

Fun Activities

Recycled Building

Collect empty cereal, shoe, tissue, and delivery boxes of various sizes to help your child learn about scale and size. Enjoy building small, medium, and large structures together!

Scarf Dancing

Use a variety of colored scarves to help children practice high and low, big and small movements as you dance to your favorite music.

Fact of the Week Parents and caregivers are important influences on a child. Set a good example with healthy eating.