

What is a portion size?



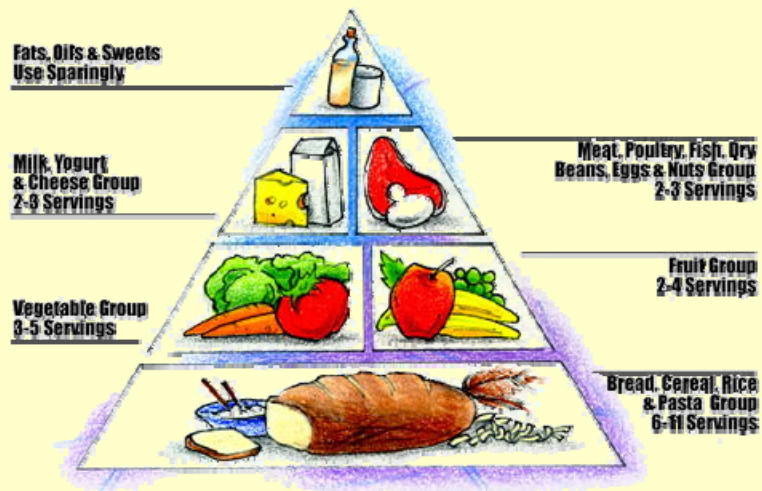
The amount of food one chooses to eat.

What is a serving size?



A standard amount that gives guidance on how much to eat.

Serving Sizes



Portion Vs. Serving

beverages



Portion Vs. Serving

cereal



Portion Vs. Serving

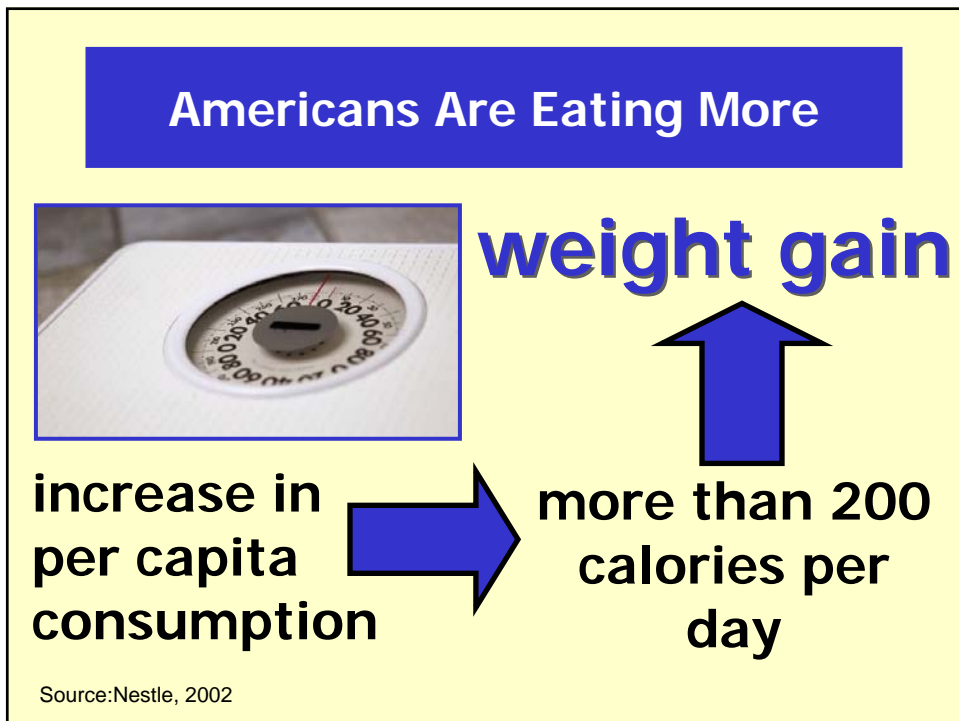
pasta



Portion Vs. Serving

burgers





Supersizing

hamburgers



Supersizing

soft drinks



Supersizing

fries



Supersizing



1610 Calories
63 gm fat



Health Implications for Children



- increased LDL cholesterol
- decreased HDL cholesterol
- increased triglycerides
- atherosclerotic plaques

- hypertension
- increased type 2 diabetes
- sleep apnea
- orthopedic problems





YOU Can Make a Difference

- There is a direct link between good nutrition and the ability to learn, play, grow and develop.
- Well nourished children have higher test scores, better school attendance and fewer behavioral problems.

Day Cares are important environments that impact children's nutritional intake.

What Can We Do?

Advocating for a Healthful Child Nutrition Environment...



What Can Families Do?

What can families do?

Prepare and eat more meals at home. We all tend to eat larger portions when we eat out.



What can families do?

Help children learn what a serving looks like. For example, measure cereal in the child's bowl and discuss that a bowl of cereal and a serving of cereal can be different.



What can families do?

Package snack items in individual servings.



What can families do?

Provide healthy food in appropriate portion sizes and let children decide how much they will eat and help them learn to stop when full.



What can families do?

When eating out, avoid all-you-can-eat buffets, supersized meals and other deals that promote overeating.



What can families do?

Share restaurant meals or take part of the meal home.

