

Appropriate Portion Sizes

To encourage your family to stop eating when they feel full, it can be helpful to start by serving appropriate portion sizes.

An easy way to determine a serving size is by comparing the size of the food to your hand.

- Protein (meat, poultry, fish): size of your palm
- Cheese: size of your thumb
- Fruits/Vegetables: size of your fist
- Pretzels/Chips/Popcorn: size of your cupped hand

Appropriate portion sizes for a child are comparable to the same parts of the child's hand. This portioning may not always be exact, but it a simple way to approximate.

You can help your family learn to avoid over-eating. Encourage small portions. Explain that they can have more if they still feel hungry. This helps your child learn how much to eat before becoming full.

*USDA.. (2011). MyPlate: Health and Nutrition Information for Preschoolers. Retrieved from http://www.choosemyplate.gov/preschoolers.html *Children's Hospital of Orange County. (2012). Community Outreach: Healthy Eating. Retrieved from http://www.choc.org/community/



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Keeping Children Healthy at Home and School

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Use this activity to help your child learn

FAMILY FUN

Cereal Comparisons

What You Need:

- Cereal
- 2 Bowls
- 1/2 Cup measuring cup



What To Do:

- Invite your child to join you in an experiment
- With your child, pour a bowl of cereal (of the size you would typically use)
- Talk to your child about portions and serving sizes
- Ask your child how he or she thinks that bowl of cereal compares with the recommended serving
 - For preschool-aged children, a recommended portion is 1/2 cup
- Allow your child to use the measuring cup to pour a serving size of cereal into the other bowl
- Talk to your child about how the two bowls of cereal compare

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