



Oliver's team talk

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Publication for

Teach! TEACHERS CORNER

What's Your Portion Size Budget?

Do you realize that eating smaller portions is better not only for your health, but also your budget? Eating less can help stretch your dollar further, for example, by eating half of your meal at a restaurant and saving the other half for another meal, you get two meals for the price of one!

Some restaurants are even getting the portion size memo and reducing their portions. Look for these items under lunch menus or even a special healthy section. But remember, restaurant portions are often three or four times bigger than we should eat, so even a smaller portion can still be too much.

Activate! MAKE YOUR MOVE

Practice measurement and learn portion sizes at the same time. Have your students measure the portion size for an item in each food group.

Materials needed

Measuring cups and spoons

Foods for each group:

- Grains: cereal
- Fruit: raisins
- Vegetables: broccoli
- Meat/Beans: dried beans
- Dairy: milk

Plates/Bowls to put items on when measured.

Large containers to measure the food from.

You can add in extra math by discussing fractions or by weighing the items after you measure them.

Excite! READY, SET, GO!

Do You Know Your Portion Sizes?

You may know what the portion size is for fruits, vegetables, meat and other foods, but do you really want to get out a measuring cup every time you eat? The good news is you don't have to; you always have something that can help you remember portion sizes, your hands!

Try these tips to remember your portion sizes:

- 1 cup = a fist or cupped hand: Use this for breakfast cereal, leafy greens or milk.
- 3 oz. of meat = the palm of your hand.
- 1 oz. of cheese = your thumb.
- 1 teaspoon = the tip of your thumb: Use this for high fat foods such as butter, oils and peanut butter.
- 1-2 oz. of snack foods = 1 small handful: Use this for snacks such as nuts and pretzels.

Motivate! SPREAD THE WORD

Do You Have Portion Distortion?

Check out how much portions have changed over the past 20 years, and how many more calories that means!

Cheeseburger

20 Years ago: 333 calories

Today: 590 calories

Spaghetti and Meatballs

20 years ago: 500 calories for one cup with 3 meatballs

Today: 1025 for two cups with 3 large meatballs

Soda

20 years ago: 85 calories for 6.5 ounces

Today: 250 calories for 20 ounces

Make **HEALTHY CHOICES** for Life!

The Oliver Foundation 5535 Memorial Dr., Suite F., #256 Houston, TX 77007 713-862-7899 fax 713-862-7911