



# Oliver's team talk

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## Teach! TEACHERS' CORNER

Do you know the difference between serving size, portion size and the MyPyramid daily recommendations?

- "Serving size" is the amount given in the MyPyramid recommendations. This amount is measured in either ounces or cups.
- Serving size is also the term used on nutrition labels. This serving size is often different than the MyPyramid serving sizes.
- "Portion size" is the amount we actually eat. It may be different than the serving size. Portion sizes greater than the MyPyramid serving size can lead to weight gain.

Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information

## Excite! READY, SET, GO!

Most of us don't measure out everything we eat, so it's easy to have portion sizes that are different from serving sizes. Try this activity to show kids how much they actually eat.

- Give each child a bowl. Try to find bowls that are similar in size to what most people use at home.
- Have children pour from the box the amount of cereal they would usually eat.
- Pour the cereal from the bowls into measuring cups.
- Compare the amount measured to the recommended one cup serving size and discuss the difference with the kids.

## Activate! MAKE YOUR MOVE

As the weather gets cooler, kids may not want to play outside as much. It's still important to keep kids moving. Try these suggestions for winter month activities.

- Designate a space indoors where rolling, jumping and tumbling are ok.
- Layer on warm clothes and go for a walk outside.
- Turn on the stereo and have a dance party.
- Find an indoor pool and go swimming.
- Try ice skating. Many local malls have indoor rinks.
- Play indoor tennis.
- Play indoor basketball.

## Motivate! SPREAD THE WORD

There are some simple ways to watch your portion sizes and keep them closer to the MyPyramid recommendations.

- Use smaller bowls, plates and cups. Studies have shown that we will fill our plate, no matter how big it is.
- Try measuring your food occasionally. It will help give you an idea of what the correct serving size looks like.
- Serve meals in the kitchen instead of bringing the whole serving dish to the table.
- Don't eat while watching TV. You will feel more satisfied if you pay attention to what you are eating.

Make **HEALTHY CHOICES** for Life!<sup>SM</sup>

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