

# Tips that Count

Wellness information for your journey to a healthier you!

## Downsize This!

Years ago, a standard bagel was about three inches in diameter and 140 calories. Today's bagel is twice as big and packs a hefty 350 calories—without the cream cheese! Here are some tips on what to look for when estimating the right-sized helpings for the foods you eat.

- **A serving.** The amount of a food that experts *recommend* for healthy eating. Checking serving sizes on food labels (for packaged foods) can help you determine the amounts of food you should be eating.
- **A portion.** The amount of a food that *you choose to eat*. Your portions can vary greatly, depending on how hungry you feel. Portion sizes at restaurants are often much larger than a single serving.
- **Portion should equal serving.** The secret is to make sure that your portions—what you choose to eat—are equal to the recommended serving sizes.
- **Use these visual aids.**
  - A 3-ounce serving of meat or poultry is about the size of a deck of cards.
  - A 3-ounce serving of grilled or baked fish is about the size of a checkbook.
  - A serving of baked potato is about the size of your fist.
- **Divide your plate into 4 sections.** A balanced meal looks like this:  $\frac{1}{4}$  grains or starchy foods;  $\frac{1}{4}$  protein; and  $\frac{1}{2}$  non-starchy veggies. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more details.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.