

Five simple, healthy steps families can take when serving food at home:

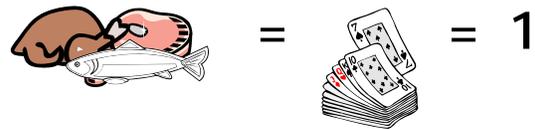
1. Breads, Cereals & Grains Servings



A bagel the size of a hockey puck = 2 servings

- It is recommended that everyone eat at least six servings of breads, cereal, and grains daily. At least three of those servings should be whole grains. A bagel the size of a hockey puck equals two of those servings.

2. Meat, Poultry or Seafood Serving



A meat, poultry or seafood portion the size of a deck of cards = 1 serving

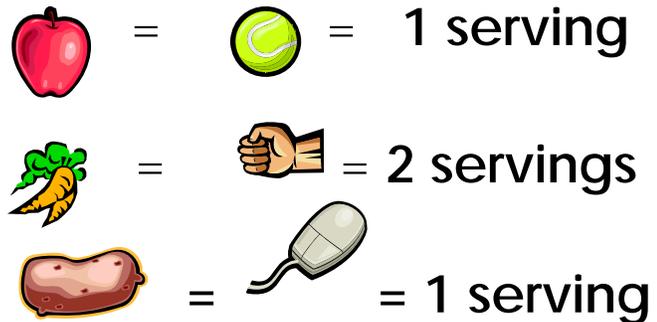
- The recommended serving size is three ounces cooked.
- That's the size of a deck of cards. An adult should have two servings of lean meat, poultry or seafood daily.

3. Fruits & Vegetables

An apple or orange the size of a tennis ball = 1 serving

Carrots or broccoli the size of a fist (or about one cup) = 2 servings

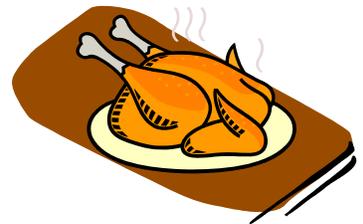
A potato the size of a computer mouse = 1 serving



- Health experts recommend five to nine servings of fruits and vegetables daily.

4. Serve only from the Kitchen Counter!

- When serving meals at home, portion your food at the counter. Then instead of bringing all the extra food to the table, leave it on the counter. Studies show people are far less likely to load their plate a second time-and double their calories-if the food is not right in front of them.



5. Serve it on the Side!

Teaspoon of butter = 36 calories



- ☞ Serve salad dressing, sour cream, mayonnaise and butter on the side or use salsa or mustard to add flavor without the additional calories. Every added teaspoon of butter, margarine or oil is approximately 36 more calories.

Healthy Maine Partnerships: Bureau of Health, Department of Human Services