Right Sized Portion Plate

If you eat all the food on a 12" plate verses all the food on a 9" plate you would have to workout for 1.5 hours to burn the extra calories you've eaten.

Really?
The larger 12" plate holds 500 calories more than the 9" smaller plate which equals a quarter pounder with cheese!

WOW!

1/4 should be whole grains
Try these: whole wheat bread, rice, pasta, oatmeal, or beans.

Oils
Use sparingly
For energy and healthy digestion
Try these: olive oil, canola oil.

Grains
For building healthy muscles
Try these: grilled chicken, fish, lean beef, egg, or beans.

Protein
For healthy skin and eyes
Try these: vegetables, spinach, broccoli, or cucumber.

Fruits
For healing wounds and a healthy immune system
Try these: raspberries, bananas, cherry, kiwi or apple.

For Your Right Sized Servings

NCES®
Get active 20-60 min most days

WHOA!
A 12" plate which is a standard size plate holds 25% more food than a regular 9" plate.
Tips to Help Make Healthy Choices

- Avoid processed foods as much as possible to help cut back on the salt and fat.
- Choose whole fruits and vegetables over juice or canned when possible.
- Make at least 1/2 of your grain servings in one day whole grains.
- Get at least 3 servings of low-fat or fat-free milk or dairy each day.
- Have a variety of color on your plate each day.
- Choose baked, broiled, or grilled meats over fried.
- Limit the amount of solid fats and added sugars in your diet.
- Avoid partially hydrogenated oils and trans fats like butter, margarine, shortening or lard.

Serving Sizes

Grains
1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta is considered a 1 oz equivalent from the grains group.

Vegetables
1 cup raw or cooked vegetable, vegetable juice or 2 cups of raw leafy greens is considered 1 cup from the vegetable group.

Fruits
1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit is considered 1 cup from the fruit group.

Protein
1 oz of lean meat, poultry, or fish, 1 tbsp peanut butter, 1/4 cup cooked dry beans, or 1/2 oz nuts or seeds is considered 1 oz from the protein group.

Dairy
1 cup of milk or yogurt, 1-1/2 oz of natural cheese or 2 oz of processed cheese is considered 1 cup from the dairy group. Choose low-fat or fat-free products.

Oils
Fats that are liquid at room temperature, such as canola, corn, olive, soybean and sunflower oil. Examples: mayonnaise, oil based salad dressings or margarine.

Exercise Information

Daily Recommendations
30 minutes of moderate to vigorous physical activity most days to stay healthy.

60 minutes of moderate to vigorous physical activity most days to prevent weight gain.

60-90 minutes of moderate to vigorous physical activity daily to lose or maintain weight.

2.5 hours per week = 20 minutes a day.

Limit chair time to no more than 2 hours per day.