

LSU AgCenter

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Neat Treats!

Get your Food Facts straight:

- One bowl of most cereals equals 1 cup.
- One serving of chips is only about a handful.
- One serving of soft drink is only 8 ounces or 1 cup.
- One kid-sized version of a hamburger equals 2 servings of bread and 1 serving of meat.
- One regular sized slice of pizza counts as a serving.

Provided by LSU AgCenter Community Nutrition Programs

This institution is an equal opportunity provider. This material was funded partially by USDA's Supplemental Nutrition Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. **To find out how to apply, call 1-888-LAHELPU or visit www.dss.state.la.us to download an application for SNAP.**

Portion-sized Challenge!

Can you guess popular portion sizes? A portion of each food or group of foods listed on the left matches up in size with one of the things listed on the right. Draw a line to connect each left-hand food with the correct right-hand object.

A. 1 cup fruit or vegetables	<input type="radio"/>	<input type="radio"/>	Computer mouse
B. 3 ounces cooked meat, poultry or fish	<input type="radio"/>	<input type="radio"/>	6 dice
C. 1 tortilla	<input type="radio"/>	<input type="radio"/>	2 checkers
D. 1/2 bagel	<input type="radio"/>	<input type="radio"/>	Baseball
E. 1 teaspoon margarine or butter	<input type="radio"/>	<input type="radio"/>	Small soft drink lid
F. 1 tablespoon of peanut butter	<input type="radio"/>	<input type="radio"/>	1 can
G. 1 small baked potato	<input type="radio"/>	<input type="radio"/>	Your thumb tip
H. 1 pancake or waffle	<input type="radio"/>	<input type="radio"/>	Deck of cards
I. 1 medium apple or orange	<input type="radio"/>	<input type="radio"/>	Baseball
J.. 3 cups popcorn	<input type="radio"/>	<input type="radio"/>	3 baseballs
K. 1 1/2 ounces cheese	<input type="radio"/>	<input type="radio"/>	Small 6-inch plate
L. 1 1/2 cups regular soft drink or fruit drink	<input type="radio"/>	<input type="radio"/>	1 music CD

Fitting in your Fast Food Favorites

Everyone likes a trip to their favorite fast food place, especially in these fast-paced times. But the more often we eat from these take-out chains, the more we should try to make healthier selections than the standard high-fat burger, fries and soda.

Try these tips for healthy fast food dining:

- Cut back the portion size. If you usually get a large, try a medium size, or split the large with a friend.
- Add some exercise to use those extra calories if you over indulge at the fast food

counter.

- Try something new from the healthier menu items, like grilled chicken, apple slices, salad or juice.
- Instead of the high fructose corn syrup soft drinks, go for milk. Your bones will thank you!

Answers to Portion-sized Challenge: A = a baseball; B = a baseball; C = a small 6-inch plate; D = small soft drink lid; E = your thumb tip; F = 2 checkers; G = a computer mouse; H = a music CD; I = a baseball; J = 3 baseballs; K = 6 dice; L = 1 can

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