

Tips for Healthy Eating & Healthy Portions



Healthier foods are more nutrient-rich and provide lots of vitamins and minerals.

Examples of Healthy Foods

- Colorful fruits and vegetables (fresh, frozen or canned)
- Lean meat, skinless poultry, fish, eggs, canned beans, and nuts
- Fiber-rich whole grain foods
- Milk, cheese, and yogurt

TIP

For healthy recipes go to
CookingMatters.org/recipes

Tips to Help your Family Eat Healthy

- Offer new foods over and over again. It can take many times before a child is willing to try new foods.
- Offer less familiar foods along with favorite foods to raise the chance that they'll try it.
- Mix more nutritious foods into less nutritious ones.
 - » For example: mix plain yogurt into flavored yogurt
- Make your own version of favorite foods.
 - » For example: pizza with whole wheat dough and vegetables on top
- Let children and youth help you cook! They are more likely to try something they helped make.
- Be prepared with healthy on-the-go options for snacks or lunches: whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, fresh vegetables and single-serve fruit cups in water or 100% fruit juice.

Tips for Healthy Eating & Healthy Portions

Food portions are larger than ever these days — usually much more than we need. Choose your starting portion size by relating food to everyday items.

Adults



An adult serving of meat, fish, or poultry is equal to a deck of cards or the palm of one's hand



An adult serving of fruit or vegetables is about the size of a baseball or a fist



A serving of grains is roughly tennis-ball-sized



An adult serving of nut/seed butter or salad dressing is about the size of one's thumb

Children & Youth

Children & Youth portions should be between one quarter and one half of an adult portion depending on age. Check the serving size on the Nutrition Facts label of packaged foods.



For toddlers, this is about the size of the palm of their hand.

For adolescents and teens portions may be closer to those recommended for adults.



An child's serving of fruit or vegetables is smaller than a baseball or a fist



A child's serving of grains is smaller than a tennis-ball



A child's serving of nut/seed butter or salad dressing is about the size of their thumb

TIP Use the USDA MyPlate model to create a balanced plate. Fill half of your plate with vegetables and/or fruit, a quarter with protein, and a quarter with grain, preferably a whole grain.

