

# FitFUTURE

Strategies for  
Better Living.



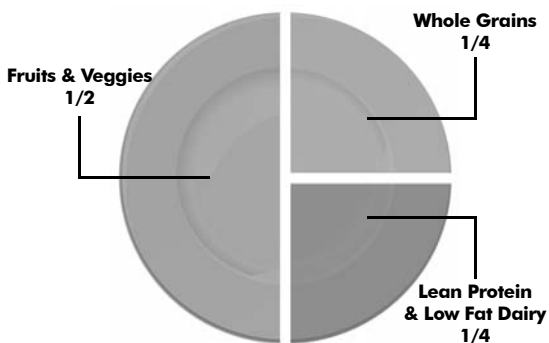
## Balancing Meals for Children and Visualizing Portion Size

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### Eating well starts with proportion and portion.

Proportioning is building a diet that is balanced appropriately in terms of variety of food groups. For example, a healthy diet is heavy on plant foods, like fruits and vegetables, moderate in lean animal protein, like meat and dairy and light in added fats and sweets like butter, oils and desserts. A portion is the number of servings offered or eaten of a given food item. Use these visual aids to help you provide your child with healthy balanced meals and snacks in appropriately portioned amounts.

### Strive for healthy proportions among food groups on your child's plate:



Children's beverage options should be limited to water, milk and 100% fruit or vegetable juice

### Visualize your portions by using this standard serving size guide:

3 oz. cooked meat, fish or poultry		=		1 box of eight crayons
1 cup cooked rice, pasta or cereal		=		1 tennis ball
1 oz. hard cheese		=		1 domino
1 medium piece of fruit or 1 cup fruit/vegetables		=		1 Baseball
1 tsp. butter		=		1 die
1 Tbsp. peanut butter		=		1 ping Pong Ball
1 medium baked potato		=		1 computer mouse
1 pancake		=		1 CD or DVD

Resources:  
MyPyramid.gov  
<http://www.mypyramid.gov>  
National Heart, Lung and Blood Institute  
<http://hp2010.nhlbi.nih.net/portion>