

# Size Matters

1. What is one of the underlying factors to the health crisis?
2. Give an example of how portion sizes have changed since 1950.
3. How many servings are most of the bagels that you buy?
4. Fill in the chart on the back page.
5. Summarize 4 ways to make more appropriate serving sizes.

# Sizing Up Servings!

Food Group	Single Serving	Serving Size
1. Meat and _____	Daily = 2-3 Meat / Fish (3 oz, 90 g) Beans _____ Tofu _____ Peanut Butter _____	1 _____ of cards, computer mouse 1/2 to 1 baseball or _____ _____
2. Grain Products	Daily = _____ Pasta / _____ ( _____ ) 1 small bagel	1 _____ ball 1 _____
3	Daily = _____ 1 Medium Fruit Salad Greens ( _____ )	1 tennis _____ 1/2 baseball / lightbulb
4. Milk and Milk _____	Daily = _____ Milk ( _____ ) _____	_____ 3 dominos
Extras	Daily = _____ Butter _____	