



Why should you “eat smaller amounts”?

- By eating smaller amounts you eat only the calories you need and avoid eating too much.
- If you order a “supersized” portion you are more likely to eat or drink more.

How to Use the Nutrition Facts Label

- Check the nutrition facts label to learn more about what is in packaged foods.
- This area shows the number of servings in one package.
- This area shows the nutrition facts per serving.



Tips for Eating Smaller Amounts

(Check once you have tried each of the following):

- Put the right amount of food on each person’s plate and leave the serving dish in the kitchen.
- Eat dinner with your family.
- Eat dinner sitting at the table and with the TV off.
- Order half of the meal to go at restaurants.
- Share a meal with someone else at restaurants.
- Measure the right amount of food that your child needs using the picture, on the right.
- Divide large packages into smaller baggies to make single servings.
- Check the Nutrition Facts Label and eat the right amount for 1 serving.

Your hand can help you measure the right amount of food to eat. Use your hand to measure out portions

- Palm of Hand**
Amount of Lean Meat
- A Fist**
Amount of Rice, Cooked Pasta, or Cereal
- A Thumb**
Amount of Cheese
- Thumb Tip**
Amount of Peanut Butter

Note to adults preparing meals for children: Use your child’s hand to measure portion sizes.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.