

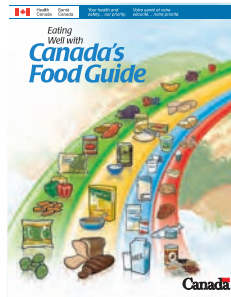
## Do you think that Canada's Food Guide calls for more servings than you could possibly eat?

### But how big is a serving?

One serving is not a box of crackers or a 10 oz steak. Use the common objects shown on the inside of this brochure to help you picture what one serving looks like.

Compare this with the amount of food you usually eat at a sitting.

You may be surprised!



## Listen to Your Hunger Cues

Pace yourself and enjoy the food you are eating. It takes 20 minutes for your brain to know your stomach is full. Listen to your body and stop eating when you are full.

Remember to be active everyday and to accept and value yourself, mind, and body. Take the "balanced approach" to a healthy way of living.

Eat well, be active, be yourself!

## Healthy Eating Tips

- ✓ Eat well by following Canada's Food Guide.
- ✓ Eat at least one dark green and one orange vegetable each day.
- ✓ Have vegetables and fruit more often than juice.
- ✓ Make at least half of your grain products whole grain each day.
- ✓ Drink skim, 1%, or 2% milk each day and choose lower fat milk alternatives.
- ✓ Have meat alternatives such as beans, lentils, and tofu often.
- ✓ Eat at least two servings of fish each week.
- ✓ Choose low fat meat and alternatives.
- ✓ Include a small amount - 30 to 45mL (2 to 3 Tbsp) - of unsaturated fat each day. Use vegetable oils such as canola, olive, and soybean.
- ✓ Limit butter, hard margarine, lard, and shortening.
- ✓ Limit foods and beverages high in calories, fat, sugar, or salt.
- ✓ Satisfy your thirst with water.
- ✓ Enjoy a variety of foods from the four food groups.

For more nutrition information, please contact the Registered Dietitians at the Thunder Bay District Health Unit

(807) 625-8315  
1-888-294-6630  
www.tbdhu.com



Adapted from "Put an End to Portion Distortion", by the Elgin-St. Thomas Health Unit, and Healthy Bites #1, 2000, National Institute of Nutrition. Revised August 2007.

# PUT AN END TO PORTION DISTORTION









## Does your plate of spaghetti and meat sauce meet or exceed your nutritional needs?





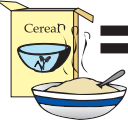

# Put an End to PORTION DISTORTION

Canada's Food Guide suggests:







## Vegetables and Fruit

One Serving	Looks Like
one medium sized piece 	=  size of a tennis ball
125mL (½ cup) fresh, frozen or canned 	=  size of a light bulb or cupped hand
250mL (1 cup) leafy greens 	=  size of a fist







## Grain Products

One Serving	Looks Like
½ bagel (45g) 	=  hockey puck
125mL (½ cup) cooked pasta or rice 	=  cupped hand or light bulb
30g cold cereal or 175mL (¾ cup) hot cereal 	=  ¾ full measuring cup

## Milk and Alternatives

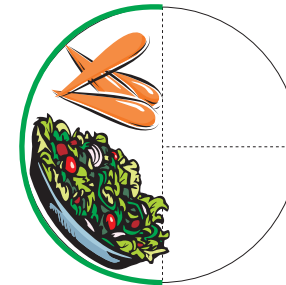
One Serving	Looks Like
250mL (1 cup) milk 	=  small, single serve carton
175g (¾ cup) yogurt 	=  small, single serve container
50g (1.5oz.) hard cheese 	=  2 thumbs

## Meat and Alternatives

One Serving	Looks Like
75g (2.5oz.) of meat, poultry or fish 	=  deck of cards
30mL (2 tbsp) peanut butter 	=  size of a golf ball
175mL (¾ cup) beans or lentils 	=  ¾ full measuring cup

## Quick Check For A Healthy Meal

### ½ PLATE

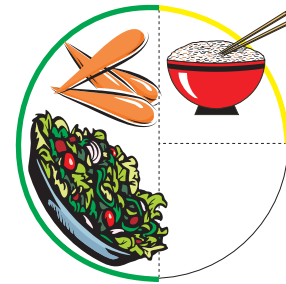


#### VEGETABLES

For example:

- 1 cup of salad = 1 serving
- A serving of carrots the size of 3 regular ice cubes = 1 serving

### ¼ PLATE



#### GRAIN PRODUCTS

For example:

- 1 cup of brown rice = 2 servings

### ¼ PLATE



#### MEAT AND ALTERNATIVES

For example:

- A piece of fish the size of a deck of cards = 1 serving

#### Round out this meal with

- 1 cup (250 mL) of lower fat milk or milk alternative = 1 serving
- 1 medium sized piece of fruit = 1 serving



Putting it all together... Plate graphic adapted with permission from the Finnish Heart Association.