

Eat Enough...Not Too Much



- ❖ **When you don't eat enough**, you may miss out on nutrients you need for energy and for growing strong and healthy.
- ❖ **If you eat too much**, you may get more food energy (calories) than you need to grow and move. And you may gain weight.

How Big Are Your Servings? Next time you heap food on your plate, find out. Either get out the measuring cups, or use visual cues to figure out how much you're eating. Surprised?

These are the size of...

A food group serving!

Small Computer mouse	= ½ cup fruit, vegetables, or cooked rice or pasta
Tennis ball	= ¾ cup fruit juice
Baseball	= 1 medium fruit or 1 cup lettuce, or cereal, or milk
Ping-Pong ball	= 1 ounce hard cheese or 2 tablespoons peanut butter
8-ounce glass	= 1 serving milk
12-ounce glass	= 2 servings juice or 1½ servings milk
(2) 9v batteries	= 1½ ounces cheese, cheddar
6-inch plate	= 1 tortilla (6 inches)
Deck of cards	= 3 ounces meat, poultry, or fish
Computer mouse	= 1 medium potato
4-inch CD	= 1 pancake or waffle

Try this!

To eat enough but not too much:

- ❖ Skip the urge to eat from a bag. Measure out one serving. Put the rest away.
- ❖ Buy packages with just one serving.
- ❖ If you buy a big package, put small amounts into separate bags or containers. Eat just what's in a smaller one.

Move more to use up more food energy. Why? You won't need to be as concerned about how much you eat. Cool!

Adapted from *The Power of Choice Leader's Guide*

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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