



Nutrition & Health

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Overeating is a habit. --- Habits can be broken!

Carrying excess weight has many health implications. Excess weight is linked to a higher risk for many types of cancer, blood cholesterol levels, risk for diabetes, blood pressure values, and a greater number of foot and knee problems, just to name a few.

Yet, many of us have let the weight creep on and now we have a habit of overeating. One of the first steps in weight loss is to get a realistic picture of portion sizes in mind and gradually reduce our eating to more realistic portions. The secret to visualizing serving sizes is in your hand and many common objects.

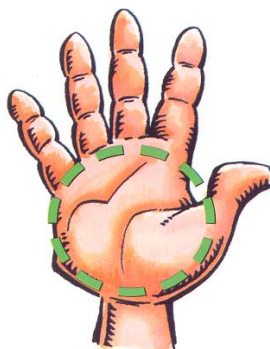
Familiarity with common items can help you visualize serving sizes:

- 1/2 cup rice or pasta is a cupcake wrapper full
- 1 pancake is a compact CD
- 1 piece cornbread is a bar of soap
- 1/4 cup raisins is a large egg
- 1 muffin is a large egg
- 1 1/2 ounces natural cheese is a 9-volt battery
- 2 tablespoons peanut butter is a ping-pong ball
- 3 ounce fish fillet is a checkbook
- Computer mouse is 1/2 cup fruit or cooked pasta
- Slice of bread is a floppy disk

A fist or cupped hand = 1 cup



- 1 serving = 1/2 cup cereal, cooked pasta or rice
 or 1 cup of raw, leafy green vegetables
 or 1/2 cup of cooked or raw, chopped vegetables or fruit

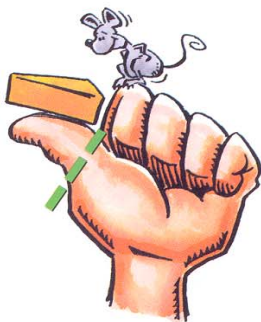


Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

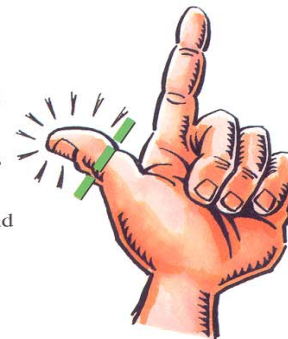
A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

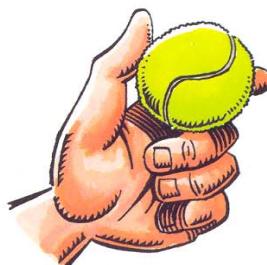
Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



Handful = 1-2 oz. of snack food



Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.