

Creating Health & Nutrition Fact Sheets

for the StrongWomen™ Program

Nutrition Information

Do you know how much food you eat? Being aware of your portion sizes can help you follow your MyPyramid eating plan and stay within your daily calorie goal.

- **Food serving**—a standard amount of food listed on the Nutrition Facts panel of a food package as defined by the Food and Drug Administration (FDA) or the United States Department of Agriculture (USDA).
- **Food portion**—an unregulated amount of food that you are served in a restaurant or at home. You can

Tip
Use a smaller plate to help you limit your food portions.

Size Up Your Portions

compare your food portions to USDA's MyPyramid food group amounts, which are measured in cups or ounces.

Portion sizes of many foods have grown dramatically in the past few decades. Studies also show that most Americans eat whatever amount is put in front of them. These facts make it important to know your portion sizes. There are no right or wrong portion sizes; but eating "reasonable" portion sizes will help you keep or work toward a healthy weight.

Consider this example for a woman following the MyPyramid Plan for 1,800 calories daily and eating a spaghetti dinner. At 1,800 calories, the grain group allowance is 6 ounces.

2 cups cooked spaghetti = 4 ounces from grain group

(½ cup cooked spaghetti = 1 ounce)

2 ounces from the grain group is available for the rest of the day

By being aware of the amount of spaghetti typically eaten, she can plan to limit her grains to 2 ounces for the rest of the day. This will allow her to stay at 6 ounces of grains for her 1,800-

calorie plan, or she may decide to reduce the amount of spaghetti she eats and eat the grains saved at another meal.

The serving size on the Nutrition Facts panel is not a recommended amount to eat. It is based on a reference or standard amount that most people eat of a specific category of food such as cookies. This standard serving size lets the manufacturer express the nutrients in that food so they can be compared with similar products. For instance, you can

Serving size

Calories

Nutrients to limit

Carbohydrates

Protein

Nutrients to increase

Percent Daily Values

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

compare the saturated fat in two types of cookies since they have very similar serving sizes by weight. This is useful if, for example, you are trying to reduce the saturated fat in your diet.

Use MyPyramid's recommended food portion sizes as a guide. They are measured in either ounces or cups. The amount in parentheses after each group listed below is what's recommended for an 1,800-calorie diet for the entire day. Knowing these standardized food amounts for your calorie level can help with weight control.

Grains (6 ounces equivalent)

- 1 ounce equals
- 1 slice bread
 - 1 cup ready-to-eat cereal
 - ½ cup cooked rice, pasta, or cereal

Vegetables (2½ cups)

- 1 cup counts as
- 1 cup raw or cooked vegetables
 - 1 cup 100 percent vegetable juice
 - 1 cup cooked dry beans
 - 2 cups raw leafy greens

Examine Your Choices

Food	Source	What I do now	What I plan to change
<i>Example:</i> Pasta	Spaghetti and meatballs	Eat 2 cups or more	Measure 1 cup and learn to eyeball this size for the future so I don't overeat.
My Goal:			

Fruits (1½ cups)

- 1 cup counts as
- 1 cup cut-up fruit
 - 1 cup 100 percent fruit juice
 - ½ cup dried fruit
 - 1 piece fruit

Milk (3 cups)

- 1 cup counts as
- 1 cup milk
 - 1 cup yogurt
 - 1½ ounces hard cheese
 - 2 ounces processed cheese
 - 1/3 cup shredded cheese
 - 1 cup pudding or frozen yogurt

Meat and Beans (5 ounces)

- 1 ounce equals
- 1 ounce meat, poultry, or fish
 - ¼ cup cooked dry beans
 - 1 egg

- 1 tablespoon peanut butter
- ½ ounce nuts or seeds

Measure It

When eating away from home, use the palm of your hand to estimate portion sizes. In general, a woman's palm or two-thirds of a man's palm is equal to 3 ounces or ½ cup.

When you are at home, place the amount of food you usually eat on a plate. Then measure it to find out your portion size. After you have done this a few times, your "eye" will tell you the size of the portion.

Test your knowledge of how portion sizes have changed and how many calories need to be burned to make up

the difference at <http://hp2010.nhlbi.nih.gov/portion/> (Portion Distortion I and II, National Heart, Lung and Blood Institute).

To learn what your individual calorie need and food group amounts are, go to <http://www.MyPyramid.gov> and click on My Pyramid Plan.

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