

Take Serving Sizes to Heart

Managing portion control for good heart health

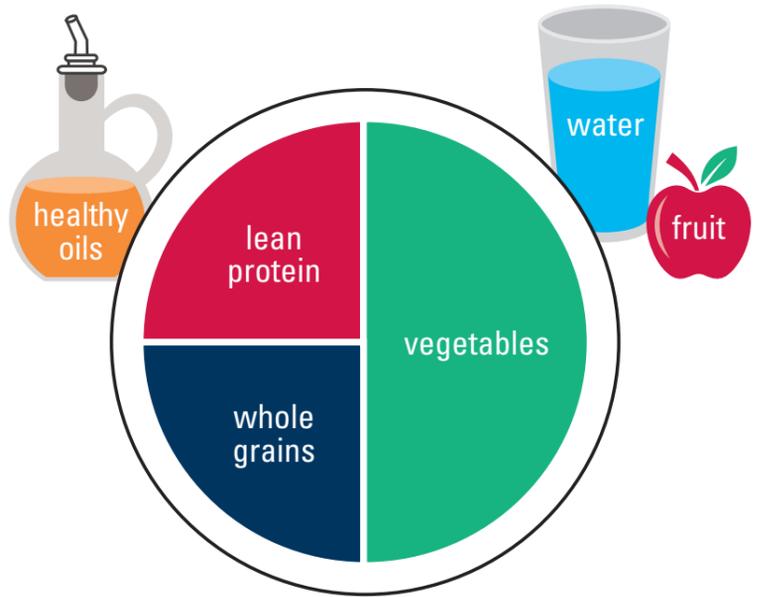
Portion vs. serving: Know the difference

What's the difference between a portion and a serving? The terms are often used interchangeably, but their definitions differ.

- A **portion** is the amount of food you choose to eat.
- A **serving** is a recommended measurement of food.

Make your plate heart-healthy.

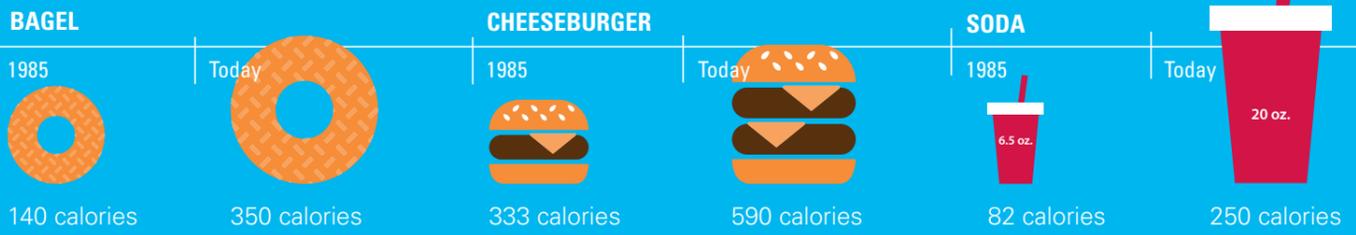
Fill half your plate with colorful, nonstarchy vegetables like kale, carrots, broccoli or red peppers. Fill the remaining space with equal portions of whole grains and lean protein.*



* Source: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

Portion distortion

We live in a supersized society. Average portion sizes have increased considerably over the last few decades, resulting in a distorted perception of what a normal serving looks like.*



*Information provided by the U.S. Department of Health & Human Services/National Heart, Lung, and Blood Institute.



Read nutrition labels.

Find out how much you should be eating from packaged foods by looking at the serving size information listed at the top of the label.



Pre-portion your foods.

Portion out one serving rather than eating from the bag or box.



Choose a low-calorie drink.

Complete your meal with a low-calorie drink like water, low-fat milk or unsweetened tea.

Healthful food for less

Eating healthy doesn't have to wreck your budget. Each of these nutritious foods can be found for less than \$1.50.*

Bananas

For about \$.57 per pound, bananas provide potassium, fiber and vitamin C.

Black beans

A 1 lb. bag of dried beans costs approximately \$1.49 and offers calcium, fiber, potassium and folic acid.

Lentils

Dry lentils cost about \$1.39 for a 1 lb. bag and have more protein gram-for-gram than beef, but without the additional fat and calories.

Sweet potatoes

Sweet potatoes are approximately \$.92 per pound and are high in vitamin A and rich in powerful antioxidants called carotenoids.

Oranges

One pound of oranges costs roughly \$1.04 and is full of vitamin C, fiber, folate and potassium.

*Source: <https://www.ers.usda.gov/data-products/fruit-and-vegetable-prices.aspx>

Quick guide to serving sizes



VEGETABLES
4-5 servings per day
One serving of cooked vegetables is ½ c., or about the size of a light bulb.



WHOLE GRAINS
6-8 servings per day
One serving of whole grain pasta is ½ c., or about the size of a computer mouse.



LEAN MEAT
Less than 6 oz. per day
One serving of fish is 3 oz., or about the size of a smartphone.



FRUITS
4-5 servings per day
One serving of fruit is ½ c., or about the size of a baseball.



FATS
2-3 servings per day
One serving of soft margarine is 1 tsp., or about the size of a dice.



FAT-FREE OR LOW-FAT DAIRY
2-3 servings per day
One serving of hard cheese is 1.5 oz., or about the size of two dominos.



NUTS, SEEDS AND LEGUMES
4-5 servings per week
One serving of peanut butter is 2 tbsp., or about the size of a golf ball.



SWEETS AND ADDED SUGARS
5 or fewer servings per week
One serving of a cookie is about the size of a small yo-yo.

To find out if your heart is healthy, visit kansashealthsystem.com/heartquiz today.