








HEALTHY TIP for NOVEMBER 2013

How Big is a Portion Size?

We get asked lots of questions about portion sizing for kids. We know parents sometimes worry that their children are not getting enough to eat. So we wanted to make up a chart that compared serving sizes as set out in the Canada Food Guide to the size of everyday object we are all familiar with. WOW were we surprised by what we saw! True portions are pretty small.

Food Choice	Food Group	Servings per day 4-8 yrs	Servings per day 9-13 yrs	What's in 1 serving?	What does 1 serving look like?
Cooked Pasta, Rice and Couscous	Grains	4	6	1 serving = 1/2 cup	 fills a 100ml foil top yogurt cups
Bagels, Bread, Buns, Pita				1 serving = 1/2 bagel or 1 slice of bread	 Size of a hockey puck
Cheese	Dairy and Alternatives	2	3-4	1 serving = 50 gm	 Size of 2 AA batteries
Yogurt				1 serving = 175 ml	 almost 2 X 100ml foil top yogurt cups
Meat, Fish and Poultry	Meat and Alternatives	1	1-2	1 serving = 75 gm	 Size of a small deck of playing cards
Peanut Butter [at home only]				1 serving = 2 Tbsp	 Size of a ping pong ball
Fruits, Veggies, Juices, Fresh and Cooked	Fruit and Veggies	5	6	1 serving = 1 medium whole or 1/2 cup other	 Few Canadians meet their daily requirement

Reference: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

from your Lunch Lady

Your School
 is proudly served by **Amin [The Lunch Guy]**
 every **Week**
amin@thelunchlady.ca 519-513-9858

To set up your Lunch Lady Account and order online
 anytime, go to www.thelunchlady.ca >ORDER HERE

