



Serve Up a Healthier You

North Carolina Child Nutrition Services
Staff Wellness Toolkit
Newsletters

Right-sizing Portions

MyPlate can help you right-size your family's portions. Have you noticed that portion sizes have gotten larger over the last several years? If you haven't, it may be because large portions have become so common. Now, "normal" portions appear small. This is called "portion distortion". Unfortunately, when we eat larger portions, we get larger, too!

How much food does your body need? Your age, gender, size and how active you are all play a role. To find out how much you should be eating, go to www.ChooseMyPlate.gov. Then, click on *Super Tracker* to get started.

Start right-sizing by following these tips:

- Encourage children to eat school meals. School meals must meet guidelines for

portion size.

- Prepare and eat more meals at home. We tend to eat larger portions when we dine out.
- Select restaurants that offer smaller portions.
- Avoid all-you-can-eat buffets, "value" meals and other deals that promote overeating.
- Share restaurant meals or take part of the meal home.
- Eat more fruits and veggies. You can worry less about large portion sizes because they take up lots of space on your plate without adding many calories.
- Serve food on a smaller plate and drinks in a smaller glass to make portions look bigger.
- Divide the contents of a large snack package into smaller containers.
- Beware of mindless eating

Grilled Peaches

Makes 4 servings
Serving size: 1 peach

Ingredients

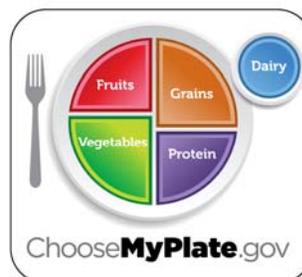
- 4 fresh peaches
- Cinnamon and/or honey, optional

Note: If you are worried about the peaches sticking, you can coat the grill rack or pan with nonstick cooking spray first. Or you can use about one teaspoon of oil to lightly brush the peach halves before cooking them.

*If you do not have a grill or grill pan, broil or roast peaches in the oven. Use a broiler pan or roasting pan with a rack to get "grill" marks.

Directions

- Preheat a grill or grill pan on the stove to medium heat.
- Wash each peach and cut them in half.
- Remove the pits from the peaches. You may have to use a spoon to pry under the pit and loosen it.
- Place peaches on the grill or grill pan, cut side down.
- Grill for 3-5 minutes, or until the peaches start to soften and show nice grill marks.
- Sprinkle with cinnamon or drizzle with honey, if you like.
- Serve peaches alone as a dessert or snack, put them in a salad or serve them as a side dish for a meal.



- while watching TV. If you eat or snack in front of the TV, put a small portion of the food in a dish and leave the rest in the kitchen.
- Grab a healthy snack if you are hungry between meals. It will prevent overeating at meal time.
- Be a good role model to children by right-sizing YOUR portions!

4 Tasty Ways to Enjoy Balanced Meals and Snacks

- Start with fruits and veggies.** Divide your plate in half with an imaginary line. Fill half with tasty veggies and fruits.
- Add in the goodness of grains.** On the other side of your plate's imaginary line, divide that half into quarters. Fill one quarter of the plate with grains. Try to make them whole grains.
- Include the power of protein.** Fill up that last quarter with lean and low fat protein. Try lean meats, poultry, fish or cooked beans.
- Choose your beverages wisely.** Move away from sugary drinks. Try this plan: drink 1% or fat free milk or water with meals and snacks.

Eat Smart and Move More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

A Message from the Child Nutrition Program Staff Wellness Initiative

For more resources and information on staff wellness:

- Talk with the cafeteria manager at your school.
- Contact the Child Nutrition director for your school system.
- Consult the Child Nutrition staff wellness committee.
- Check out Resources for Schools at www.nutritionnc.com.



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