

# Right-Size Your Portions

**Q:** What in the world does a hamburger have to do with a yo-yo?

**A:** When a hamburger is a healthy portion size, it's about the same size as a yo-yo!

Today's oversized portions often lead to overeating. Keep that from happening in your family with these simple tips for recognizing and enjoying healthy serving sizes. Then, share the illustrated guide on the back with your youngster for a fun reminder of what healthy portions look like.

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## Recognize a serving

Play the "How big is a serving?" game. Set out measuring cups and spoons, and choose an item from your refrigerator or pantry (say, a tub of cream cheese or a box of crackers). Each person measures or counts out what he thinks is one serving. Together, check the label. Whoever came closest picks another food to play again. Over time, your child will learn to "eyeball" the appropriate amount.



## Downsize plates

Did you know that dinner plates are actually 3"-4" larger than they were a generation ago? Try instantly reducing portions by bringing plates back down to size. For instance, serve dinner on salad plates. Or use cups instead of bowls.

## Cook—and serve—smart

Cut back on how much food everyone eats before the meal even begins. You might bake macaroni and cheese in individual ramekins, one per person. Or plate food before bringing it to the table. Your youngster will get used to enjoying reasonably sized meals.

## Portion out leftovers

Store leftovers in sectioned plates or containers. Your child can place individual servings of entrees and side dishes in separate sections. When she's ready to heat up a meal, her portions will be just right.

## Single-size your snacks

Eating from a bag or box makes it hard for your youngster to know how many servings he consumes. Instead, help him count or measure single servings into snack-size bags. *Examples:* 20 mini pretzels, 1 cup popcorn.



## Dining out

Restaurants often serve extra-large portions. Try these strategies to help your family trim them to a healthy size.

### Go small

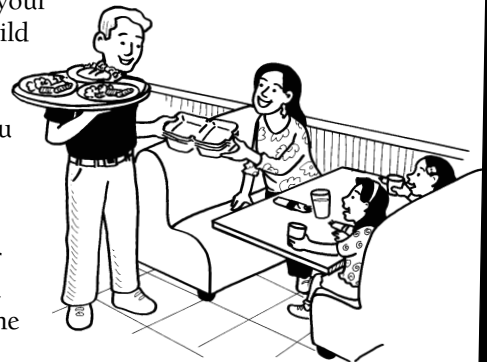
At fast-food or fast-casual places, encourage your youngster to avoid "super-size" items. In a sit-down restaurant, suggest that she order an appetizer or two side dishes for her meal.

### Share food

Rather than ordering a full-sized meal for each person, get one meal for every two people. Then, add side salads or extra servings of healthy vegetables.

### Bring home a doggie bag

Doggie bags aren't just for dogs! Ask the server to bring a to-go box with your meal. Let your child help you scoop half the food in the box before you even put a fork in it. You'll not only avoid overeating, you'll have dinner tonight and lunch tomorrow—for the price of one meal.



*continued*



Here's a fun way to serve up healthy portion sizes: Have your youngster use familiar items to visualize how big her servings should be. Post this chart as a handy reference for comparisons between some favorite foods and everyday objects.

## Fruits

1 cup grapes: a baseball



1 cup strawberries: a doorknob



1 cup diced watermelon: a lightbulb



## Vegetables

1 cup raw, leafy greens like lettuce or spinach: rolled-up ankle socks



1 cup baby carrots: a tennis ball



1 cup peas: a child's closed fist



## Grains

1 cup dry cereal: a medium pinecone



1 bagel or hamburger bun: a hockey puck



$\frac{1}{2}$  cup cooked pasta or rice: 2 ice-cream scoops



## Protein

$\frac{1}{2}$  cup cooked beans: a computer mouse



3-oz. serving of meat, chicken, or turkey: a yo-yo



2 tbsp. peanut butter or other nut butter: a golf ball



## Dairy

1 oz. cheese: 4 dice



1 tsp. butter: a Scrabble tile



1 cup yogurt: a cupcake wrapper



Editor's Note: Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

# Nutrition Nuggets™

# Best Recipes

2017 Edition



Need inspiration in the kitchen? Choose a recipe, and enjoy making and eating it with the whole family!

## Squash pancakes

- 1 medium zucchini
- 1 medium yellow squash
- 1 tsp. salt
- 1 egg, beaten
- $\frac{1}{2}$  cup whole-wheat flour
- $\frac{1}{2}$  tsp. baking powder
- 1 medium onion, chopped
- $\frac{1}{2}$  cup shredded carrot
- Nonstick spray

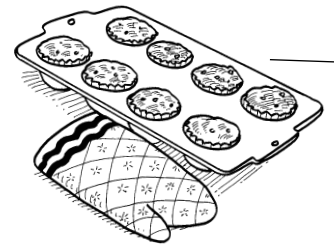
Grate zucchini and yellow squash. Sprinkle on salt, and set in a colander for 20 minutes (to remove moisture). Rinse well. Combine with egg, flour, baking powder, onion, and carrot. Put large spoonfuls into a hot skillet (coated with nonstick spray), and saute the pancakes until brown on both sides. Serves 4.



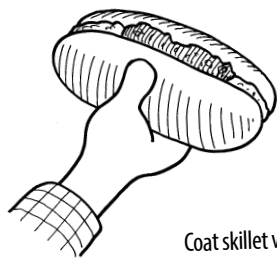
## Mini meat loaves

- 1 lb. lean ground turkey
- 1 egg, beaten
- $\frac{1}{4}$  cup quick-cooking oats, uncooked
- 1 tbsp. ketchup
- 1 tsp. Worcestershire sauce
- $\frac{1}{8}$  tsp. ground pepper

With clean hands or a spoon, combine all ingredients in a bowl. Divide the mixture into 8 muffin cups, and bake at 375° for 30 minutes. Serves 4.



## Egg dog



- Nonstick spray
- $\frac{1}{4}$  cup chopped red onion
- $\frac{1}{4}$  cup chopped asparagus
- 2 eggs
- 1 tbsp. fat-free milk
- 1 whole-wheat hot dog bun
- 1 tbsp. tomato salsa

Coat skillet with cooking spray, and saute diced vegetables until tender. Whisk eggs with milk, and add to the pan. Stir quickly until the eggs are set. Place in a bun, and drizzle on salsa. Serves 1.

## Bell pepper "pizzas"



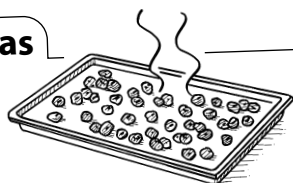
- 4 bell peppers (any color)
- 2 tbsp. olive oil
- $\frac{1}{2}$  cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1 tsp. dried basil

Slice each bell pepper into 4 quarters, removing the tops, bottoms, and seeds. Lightly brush the inside of each piece with olive oil. Spoon on marinara sauce, and sprinkle with mozzarella and basil. Bake at 350° for 15 minutes. Serves 4.

## Chili-roasted chickpeas

- 2 15-oz. cans chickpeas (drained, rinsed)
- 1 tbsp. olive oil
- $\frac{1}{2}$  tsp. salt
- 1 tsp. chili powder

Use a paper towel or clean cloth to dry the chickpeas. In a bowl, combine the chickpeas with olive oil, salt, and chili powder. Spread on a baking sheet, and cook at 400° for 20–30 minutes, stirring every 10 minutes. Makes 4 servings.



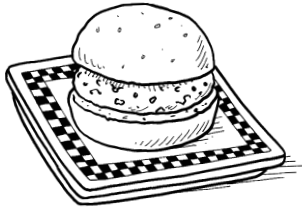
## Quinoa taco bowl

- 1 lb. lean ground beef
- 2 tbsp. low-sodium taco seasoning
- 1 15-oz. can kidney beans, drained
- 4 cups cooked quinoa
- $\frac{1}{4}$  cup cheddar cheese, shredded
- $\frac{1}{4}$  cup low-fat sour cream
- $\frac{1}{2}$  cup salsa

Brown the meat in a skillet. Add taco seasoning and beans, and cook until liquid evaporates. In 4 bowls, add quinoa and then the meat and bean mix. Top with cheese, sour cream, and salsa. Serves 4. *Variation:* Leave out the beef and add avocado for a vegetarian version.



### Salmon burgers

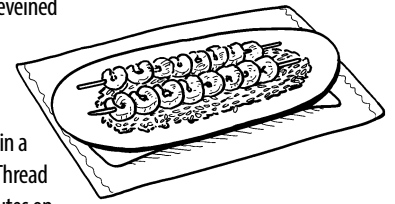


- 2 cans salmon (6 oz. each), drained
- 1 egg, beaten
- $\frac{1}{2}$  cup whole-wheat breadcrumbs
- $\frac{1}{4}$  cup diced celery
- $\frac{1}{4}$  cup diced onion
- Ground pepper
- Whole-grain buns

Mix salmon with egg, breadcrumbs, celery, onion, and ground pepper. Form into 4 burgers, and put on a nonstick baking sheet. Bake at 375° for 10 minutes per side. Serve on whole-grain buns. Makes 4 servings. *Variation:* Make with canned tuna.

### Teriyaki shrimp kebabs

- 1 lb. uncooked shrimp, peeled and deveined
- $\frac{1}{2}$  cup low-sodium teriyaki sauce
- 1 crushed garlic clove
- Brown rice or large lettuce leaves



Marinate shrimp for 10–15 minutes in a mixture of teriyaki sauce and garlic. Thread the shrimp onto skewers. Grill 2 minutes on each side until just cooked through. Serve with rice, or put the shrimp onto lettuce leaves and fold into wraps. Serves 4.

### Watermelon salad

- 6 cups baby spinach
- 2 cups seedless watermelon chunks
- 1 cup diced feta cheese
- $\frac{1}{2}$  cup low-fat balsamic vinaigrette



In a large bowl, combine spinach (or another leafy green), watermelon, and feta. Toss lightly with dressing. Serves 4.

### Chicken-apple slaw



- 1 rotisserie chicken
- 1 cup broccoli slaw
- 1 apple, diced
- 1 celery stalk, thinly sliced
- 1 8-oz. can water chestnut slices, drained
- 1 head lettuce, shredded
- $\frac{1}{4}$  cup low-fat ranch dressing

Shred the meat from the chicken and toss with broccoli slaw, apple, celery, water chestnuts, lettuce, and dressing. Serves 8.

### Overnight oat yogurt parfait



- 6 oz. nonfat plain Greek yogurt
- $\frac{1}{3}$  cup old-fashioned oats, uncooked
- 1 cup frozen or fresh fruit, such as mango or berries

Mix the yogurt and oats together in a bowl. In a jar, layer the yogurt-oat mixture and fruit. Cover the jar with a lid and refrigerate overnight. Serves 1.

### Brussels sprout–sweet potato hash

- 1 tbsp. olive oil
- 8 sliced brussels sprouts, with the ends cut off
- 1 large, diced sweet potato, unpeeled
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper



Heat olive oil in a pan, add brussels sprouts and potatoes, and season with salt and pepper. Saute 10–15 minutes over medium heat until cooked through. Serve as a side dish. *Idea:* Put fresh greens into a bowl. Top with the hash and a fried egg. Serves 2.

### DIY trail mix

Skip the premade trail mix at the store, and help your youngster come up with her own combinations instead. For example, she might toss together cereal, sunflower seeds, and dried apricots. Or she could combine pretzels, banana chips, dried cherries, and cashews. Get started by shopping together for items like these:

- whole-grain cereals
- raisins and other dried fruits like apricots, cranberries, and cherries
- different kinds of unsalted nuts (peanuts, cashews, almonds)
- popcorn
- mini unsalted pretzels or pretzel sticks
- rice cakes, granola bars, cereal bars, or pita chips (broken into pieces)
- banana chips
- unsalted sunflower and pumpkin seeds
- mini marshmallows



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# Active Kids = Healthier Kids

When your youngster gets plenty of physical activity, she not only will be healthier, she'll also be more likely to stay focused and behave well in school. Encourage your child to get at least an hour of exercise a day with these fun games and activities.

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## Zigzag hopscotch

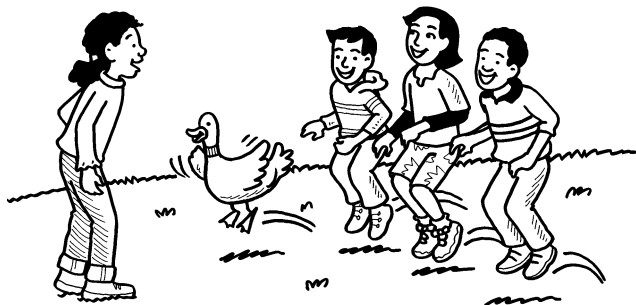
Have your youngster use sidewalk chalk to draw a staircase-shaped hopscotch board on a sidewalk, driveway, or blacktop. To play, she should hop on one foot from start to finish, landing on one square at a time. If she makes it without putting her other foot down, she writes her initials in any square. On your turn, you must hop over the square she initialed. If you get to the end, you initial any empty square. Keep taking turns, hopping only on empty squares or ones with your own initials, until every square is claimed or no one can hop across. The player with the most initials wins.

## Kick and block

Form a garden hose into a large circle, and place a soccer ball in the center. Two players stand in the circle. One person is the “kicker,” and the other is the “blocker.” The kicker attempts to kick the ball out of the circle—kicking in the direction of the blocker. The blocker uses his feet to try to keep the ball in. When the ball goes out of the circle, swap roles, and play again.

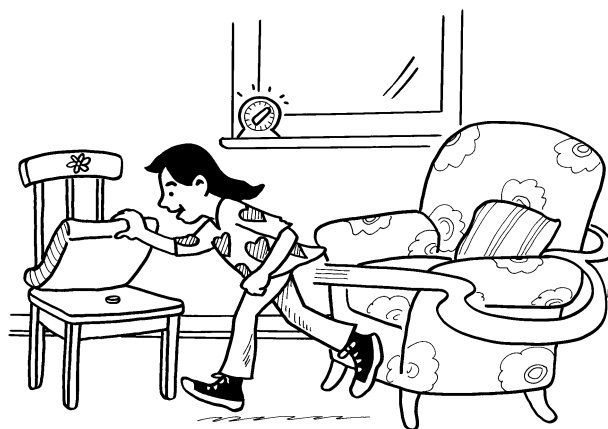
## Fish or fowl

You can play this game on sidewalks or grass. One player is the caller. If the caller names a fish (bass, perch, tuna), the other players jump backward. If she names a bird (robin, woodpecker, seagull), players jump forward. The caller keeps naming fish or fowl, trying to trick the jumpers. If you jump in the wrong direction, you're out. The last person in the game becomes the new caller. Play until everyone has had a turn being the caller.



## Slow-motion race

When you take a walk, try this race where the slowpoke wins. Challenge your family to walk in s-l-o-w m-o-t-i-o-n from one end of a block to the other. Your children will build balance and muscle control as they try to make each step last as long as possible. There's only one rule to follow: Everyone must keep moving—no stopping allowed. The last person to reach the end wins.



## Penny hunt

Ask your youngster to count out 15 pennies. Then, have her cover her eyes while you hide them around the house. Set a timer for two minutes, and let her race to find the pennies before the buzzer rings. Next game, she can hide the pennies, and you hunt. Help each other find the pennies by saying “You're hot” when someone gets close to a hiding place and “You're cold” if she's moving away from one. *Idea:* Move the game outdoors, and hide pennies in bushes, under rocks, or in sidewalk cracks.



**Beanbag tag**

The object of this game is to tag the other person's feet with a beanbag. Choose an open space with a wood or tile floor, such as a hall or basement. Have your child stand at one end of the room while you stand at the other. Now, take turns sliding the beanbag across the floor at the other person's feet. Try to dodge the beanbag by jumping over it. Score a point each time you tag your opponent with the beanbag. The first one to score 10 points wins. *Variation:* To make the game more challenging, slide the beanbags toward each other's feet at the same time.

**This way or that**

There are lots of ways to cross a playground. Let your youngster start this game by saying, "Come across the playground like this..." and then crossing in a funny way (spinning like a top, walking on her heels). All the other players must cross in the same way. Then, the next leader says, "No, no, no. Come across like this..." and leads players across the playground a different way, perhaps walking sideways. How many ways can everyone think of?



**Fitness island**

Turn a sidewalk or driveway into an island. With sidewalk chalk, your child can draw a landscape full of fitness challenges. He might create a stream, a bridge, and stepping-stones, for instance. Then, he can pretend to wade through the stream, walk heel-to-toe on the narrow bridge, and jump from stepping-stone to stepping-stone across a make-believe swamp. When he finishes, it's your turn to take the island challenge.

**Rainbow walk**

Walk laps up and down a shopping strip or around a mall until you've spotted one item for every color of the rainbow. For example, you may find red shoes, an orange safety cone, a yellow sundress, green shampoo, blue jeans, indigo earrings, and a violet rug. Or take a rainbow walk in the neighborhood, and see who can find a red flag on a mailbox, an orange flower, and so on.

**Five-minute ideas**

Here are everyday ideas for short bursts of activity.

**Inside**

- Put on music, and lip-sync while doing your best dance moves.
- Play with a pet.
- Do a "routine" like five forward rolls, five push-ups, and five backward rolls.
- Stand in a line, and have each person put his hands on the shoulders of the person in front of him. See how fast you can snake your way through the house without breaking the chain.



**Outside**

- Practice basketball free throws.
- Play a game of catch.
- Take turns throwing a Frisbee and measuring the distance you tossed it.
- Pick a starting point and a finish line. Have a race.

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