



Lesson #12 Take Home

Fit4Kidz Portion Control Tips for Families

- Divide up the plate and don't forget to include milk or other low fat dairy:
 - $\frac{1}{2}$ of the plate = fruits and vegetables
 - $\frac{1}{4}$ of the plate = protein group (meat, beans, fish, etc.)
 - $\frac{1}{4}$ of the plate = grains
- Don't serve kids large portions or expect them to clean their plates. Kids need less food than adults and many children do a better job controlling portion sizes when they are allowed to serve themselves.
- Serve individual, limited portions of less-healthy snacks. Never allow family members to take an entire bag of chips or container of ice cream.
 - Try to encourage healthy snacks like fruit or cheese and crackers instead of chips, cookies, fruit snacks, etc.
- Before reaching for seconds at a meal, have more fruit, veggies or salads.
- Sit down and eat dinner together as a family. Try not to rush through meals, and give everyone a chance to feel full before serving more.
- Add more salads and fruit to your family's diet, especially at the beginning of a meal. This helps to control hunger and give a sense of fullness while controlling calorie intake.
- When eating out, be aware that most restaurant portions may be two or three times larger than a recommended serving size. Try sharing meals, ordering an appetizer as a main dish, ordering kids' meals, or packing up half to take home before you begin to eat.

