

How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



Amounts of foods for 2000 calories



1/2 cup of fruit juice
= size of a 4 oz juice box



1 small apple = 1 cup
= size of a baseball



1/2 cup of...



1/2 cup of carrots or other vegetables
= size of a small vegetable portion



10 medium fries counts as 1/2 cup
= size of a deck of cards



1 cup of raw vegetables

1 cup of raw vegetables
Vegetable Group



1 cup of milk
= size of a carton of milk



1 cup of yogurt
= size of a baseball



1 1/2 oz. of low-fat natural cheese*
= size of two thick butter sticks

3 cups or equivalent
Milk Group



2-3 oz. of meat, poultry, or fish
= size of a deck of cards



1 tablespoon of peanut butter counts as 1 oz
= size of one 9/16 oz. butter



1/2 cup of beans...

5 1/2 ounces or equivalent
Meat & Beans Group



1 cup of dry cereal = 1 oz
= size of a baseball



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How Much Do You Eat? Estimate Amounts of Foods

About the Activity

- Use the *How Much Do YOU Eat?* poster to explore the size of common measures (such as $\frac{1}{2}$ cup, 1 cup, or 1 ounce) used as Serving Sizes on the Nutrition Facts labels.
- Collect and use common objects, such as a baseball or deck of cards, and engage parents in talking about measures of foods used as Serving Sizes on Nutrition Facts labels. With the *How Much Do YOU Eat?* poster, use these same measures to determine recommended food group amounts.
- Parents can use the *MyPyramid Amounts of Foods—for You*, newsletter No. 40, to learn about recommended amounts of foods for their child.

Getting Ready

Read: Through the Sharing Session to get comfortable with the messages, questions, and activities.

Get: 4-fluid-ounce juice box, 1 (9-volt) battery, 2 (9-volt) batteries (taped together edge to edge), baseball, deck of cards, CDs (to equal about $\frac{1}{2}$ inch thickness), and a small computer mouse. (The poster photo shows the type of mouse to use.)

Use: *MyPyramid Steps to a Healthier You* mini-poster (USDA 167). To order more copies of the mini-poster (1 pkg = 25), or go to www.ntis.gov/USDA/MyPyramid.aspx.) Order 3-4 weeks ahead.

Copy: *MyPyramid Amounts of Foods—for You* reproducible newsletter (No. 40)

Display: *How Much Do YOU Eat?* poster

Key Messages

- MyPyramid is based on amounts of food for 2,000 calories a day. The recommended amounts vary by age, gender, height, weight, and physical activity level.
- Know the amounts and kinds of food you and your child need. Use common objects for comparison to estimate amounts of food.
- Choose different foods from all the food groups to get the nutrients you need. Eating a variety of foods helps your child grow and helps your whole family stay healthy.
- What you and your child eat over several days, not just one day, is what counts.

Do You Know?

Smart eating is part of growing and staying healthy. Use MyPyramid as your guide for making daily food choices. Pay attention to amounts of food from each food group to help you find out if you eat enough or too much of some foods.

The objects in the poster show amounts similar to standard, common measures. These objects can help you estimate how much you are getting from each of the food groups or the amount of food in a Serving Size on a food label.

The recommended daily amount of food from each MyPyramid Food Group varies depending on calories needed. For 2,000 calories a day, the amounts are:

Grains	6 ounces
Vegetables	2½ cups
Fruits	2 cups
Milk	3 cups
Meat and Beans	5½ ounces

Common Objects on Poster	Measures of Foods
Baseball	1 cup cooked dry beans, or 8 fluid ounces lowfat or fat-free milk or yogurt, or 1 cup raw or cooked vegetables, or 1 small apple, 1 medium pear or 1 cup ready-to-eat cereal, flakes or rounds
Deck of cards	2 to 3 ounces of meat, fish, poultry, or 10 medium length French fries
CDs (about ½ inch thickness)	1-ounce slice of bread
Small computer mouse	½ cup raw or cooked vegetables, or ½ cup cooked rice or pasta, or cooked cereal, or ½ cup fruit
Two 9-volt batteries	1½ ounces natural cheese, such as cheddar
One 9-volt battery	1 tablespoon peanut butter
4-fluid-ounce juice box	½ cup fruit juice

Try This for a Sharing Session!

POINT OUT

These specific objects can help you estimate the amount of food needed from the MyPyramid Food Groups.

ASK

Which measures of food are about equal to these objects?

<u>Food</u>	<u>Object</u>
½ cup pasta	Small computer mouse
2 or 3 ounces of meat	Deck of cards
1-ounce slice of bread	CDs (to equal about ½ inch thickness)
1½ ounces of natural cheese	2 (9-volt) batteries
½ cup juice	4-fluid-ounce juice box
1 tablespoon peanut butter	1 (9-volt) battery
1 cup vegetables	Baseball

ASK

Can you estimate the amounts of foods you and your child often eat at one time? (Use the objects on the *How Much Do YOU Eat?* poster.)

Cooked dry beans?	Meat or chicken?
French fries?	Peanut butter?
Cheese?	Lowfat or fat-free milk?
Cut-up or canned fruits or vegetables?	100% juice?

ASK

Can you use familiar objects to estimate a Serving Size on Nutrition Facts labels? How does what you eat compare with the amount of a Serving Size? About how much would you eat as part of one meal?

POINT OUT

The poster shows the size of common measures. It also gives numbered amounts for each MyPyramid Food Group at 2,000 calories.

- Using common objects helps you estimate the amount you usually eat and compare the amount you eat to the recommended amounts from each of the food groups.
- It also shows standard, common measures of foods for the Serving Sizes on Nutrition Facts labels.

ASK

Do you know about how much food you eat at one time, or during an entire day?

- Compare how much fruit you eat in a day to the 2 cups for the Fruit Group.
- Compare how much milk or foods made from milk you eat compared to the 3 cups or equivalent for the Milk Group.

POINT OUT

- You need to know how much you eat of foods from the food groups to know if you are getting the nutrients you need.
- Being able to estimate amounts of food will help you get enough, but not too much, of the foods and nutrients you need.

Young children need smaller amounts when they eat. That is okay, as long as the total amount they eat with meals and snacks comes close to the recommended amounts. Eating enough is needed for growth and provides the energy active children need.

SUM UP

- Remind parents to use common objects like the ones on the *How Much Do YOU Eat?* poster to estimate the amount they eat.
- Have parents estimate the amount they eat of different foods and compare those amounts to the food group recommendations for 2,000 calories, and to the Serving Sizes found on the Nutrition Facts labels.
- What you eat over several days, not just one day, is what counts.

Once parents know about the amounts of food they and their children need, explore other issues related to healthful family eating presented in the *Nibbles for Health* newsletters, for example:

- No. 1 *A Closer Look at MyPyramid*
- No. 2 *How Much Is Enough?*
- No. 5 *Why Breakfast?*
- No. 7 *Enjoying the Family Meal*
- No. 10 *Family Meals—Fast, Healthful!*
- No. 11 *Let's Eat Out! Healthful Fast Foods*
- No. 40 *MyPyramid Amounts of Foods—for You*

