


Portion Guide

Grains


1 cup of cold cereal a small fist 

1/2 cup of cooked rice, pasta or potato 1/2 baseball 

1 piece of cornbread or 1 small roll a bar of soap 

Vegetables and Fruit


1 cup of salad greens a baseball 

1 medium fruit a tennis ball 

1/2 cup cooked vegetables 1/2 baseball 

Dairy Foods


1 oz. cheese 4 stacked dice 

1/2 cup frozen yogurt 1/2 baseball 


Meat and Alternatives

3 oz. meat, fish or poultry a deck of cards 

3 oz. grilled/baked fish a checkbook 

1 oz. nuts should fit in the small of your hand 

Fats

1 teaspoon margarine or butter the tip of your thumb 

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Bethany Gotkin at 212-633-0800 ext. 328.



MARCH IS NATIONAL NUTRITION MONTH

How much is too much?

Many people ask, “I eat healthy food, why am I overweight?” The answer is probably this: the same food that is healthy and nutritious in a small portion can be too much of a good thing when we eat too many servings of it.

Last week’s insert included a chart that you could use to figure out your daily calorie level. Now, use the chart inside this insert to find out how many servings of each food group you should eat each day.



A cheeseburger 20 years ago had **333** calories.



A cheeseburger today has **590** calories. This is **257** calories more than 20 years ago! You would have to lift weights for 1 hour and 30 minutes just to burn off those extra 257 calories!

Because he himself suffered when he was tempted, he is able to help those who are being tempted. (Heb. 2:18)

Find the column that matches your daily calorie level on the chart below to see how many servings of each food group you should eat per day:

Food Groups	1600 Calories	2000 Calories	2600 Calories	3100 Calories	Serving Sizes
Grains	6 servings	7-8 servings	0-11 servings	12-13 servings	1 slice bread, 1 oz dry cereal, 1/2 cup cooked rice, pasta or cereal
Vegetables	3-4 servings	4-5 servings	5-6 servings	6 servings	1 cup raw leafy vegetable, 1/2 cup cooked vegetable, 6 oz. vegetable juice
Fruits	4 servings	4-5 servings	5-6 servings	6 servings	6 oz. fruit juice, 1 medium fruit, 1/4 cup dried fruit, 1/2 cup fresh, frozen, or canned juice
Low-fat or fat-free dairy foods	2-3 servings	2-3 servings	3 servings	3-4 servings	8 oz milk, 1 cup yogurt, 1 1/2 oz. cheese
Meat, poultry, fish	1-2 servings	2 or less servings	2 servings	2-3 servings	3 oz cooked meats, poultry or fish
Nuts, seeds, legumes	3-4 servings	4-5 servings	5 servings	5 servings	1/3 cup or 1 1/2 oz nuts, 2 tbsp or 1/2 oz seeds, 1/2 cup cooked dry beans or peas
Fats and oils	2 servings	2-3 servings	3 servings	4 servings	1 tsp soft margarine, 1 tbsp low-fat mayonnaise, 2 tbsp light salad
Sweets	0 servings	1 serving	2 servings	2 servings	1 tbsp sugar, 1 tbsp jelly or jam, 1/2 oz jelly beans, 8 oz lemonade