

BE SMART ABOUT SERVING SIZES

Getting to and maintaining a healthy weight isn't just about what you eat. Even if you eat healthy foods and exercise, you still need to be aware of how much you eat. This is why it is important to make sure you know how large a serving size really is and how many servings make up the recommended daily amount of grains, fruits, vegetables, dairy and protein you should try to eat.

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As a general rule, eating a low fat diet that is higher in fruits and vegetables is the key to maintaining a healthy weight. Use these pictures to get a better idea of what a serving size really looks like for some common foods. You may be surprised!



A serving of peanut butter is the size of two thumb tips.



A serving of meat is the size of a deck of cards.



A serving of dried fruit or nuts is the size of a golf ball or large egg.



A serving of baked potato is the size of a computer mouse.



A serving of pancakes or waffles is the size of a CD.



A serving of fruit or vegetables is the size of a woman's fist or a baseball.



A serving of cooked rice, pasta, or snacks like chips or pretzels, is the size of a rounded handful.



A serving of cheese is the size of two dominos or six dice.



A serving of milk or soy milk is the size of a standard yogurt container.

[Insert Plan Logo]

REMEMBER EVERY BODY IS DIFFERENT

So it is important to talk to your health care provider or Health Coach about how much you should be eating to reach or maintain a healthy weight.

You can talk to a specially trained **[Program Name]** Health Coach who can help you learn more about serving sizes and create a plan to improve your eating habits. You can call a Health Coach anytime, day or night at **[1-000-000-0000]**.

There is no cost to use this service and you can call as often as you like. You can also create a personalized nutrition plan using the HealthMedia® Nourish™ program. To access this and other healthy living programs visit our Web site at **[website]**.

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