PORTION SIZE MATTERS.

Here's a quick guide to food portion sizes using everyday objects.

PORTION CONTROL MADE EASY!

A “serving” is the amount of food recommended to eat. A “portion” is the amount of a food you choose to eat at any one time - which may be more or less than a serving.

Really, what size are your food portions?
To see how much you are actually eating, pour your cereal into your regular bowl and then into a measuring cup. Do the same with your glasses, cups, and plates.

Download your portion size pocket guide at livebetteramerica.com
For more, visit healthysd.gov

Yum!