Get Up & Move!

Family Activity

Series 3: February

Portion Sizes
For this month’s family activity, try to keep track of the foods you eat and the amounts you eat each day. Many people may not know the correct portion sizes that the USDA recommends. You can use the following as a guide to know how much you should be consuming of each type of food.

The Grain Group
½ cup cooked rice (1 ounce)..........................is the size of a tennis ball
1 cup pasta/spaghetti (2 ounces)......................is the size of a fist

The Vegetable Group
1 cup green salad........................................is the size of a baseball or a fist
½ cup serving................................................is 6 asparagus spears; 7 or 8 baby carrots or carrot sticks or 1 ear of corn on the cob

The Fruit Group
½ cup of grapes.............................................is 15 grapes
½ cup fresh fruit............................................is the size of 7 cotton balls
¼ cup raisins...............................................is the size of a large egg

The Milk Group
1 ounce of processed cheese (1/2 cup milk)........is the size of your thumb
1 cup ice cream (3/4 cup milk)...........................is the size of a baseball

The Meat & Beans Group
2 tablespoons peanut butter..........................is the size of a ping-pong ball
3 ounces cooked meat, fish, or poultry................is the size of a deck of cards
3 ounces grilled/baked fish..............................is the size of a checkbook
3 ounces cooked chicken...............................is a chicken leg and thigh or breast

(Adapted from Ellen Schuster, Oregon State University)

Your family can explore Nutrition Facts labels the next time you are at the grocery store! The Milk and Milk Products Scavenger Hunt will help you explore the Daily Values of nutrients and use the 5/20 rule! This activity can be found on the 4-H website at http://www.4-h.uiuc.edu/opps/move/.