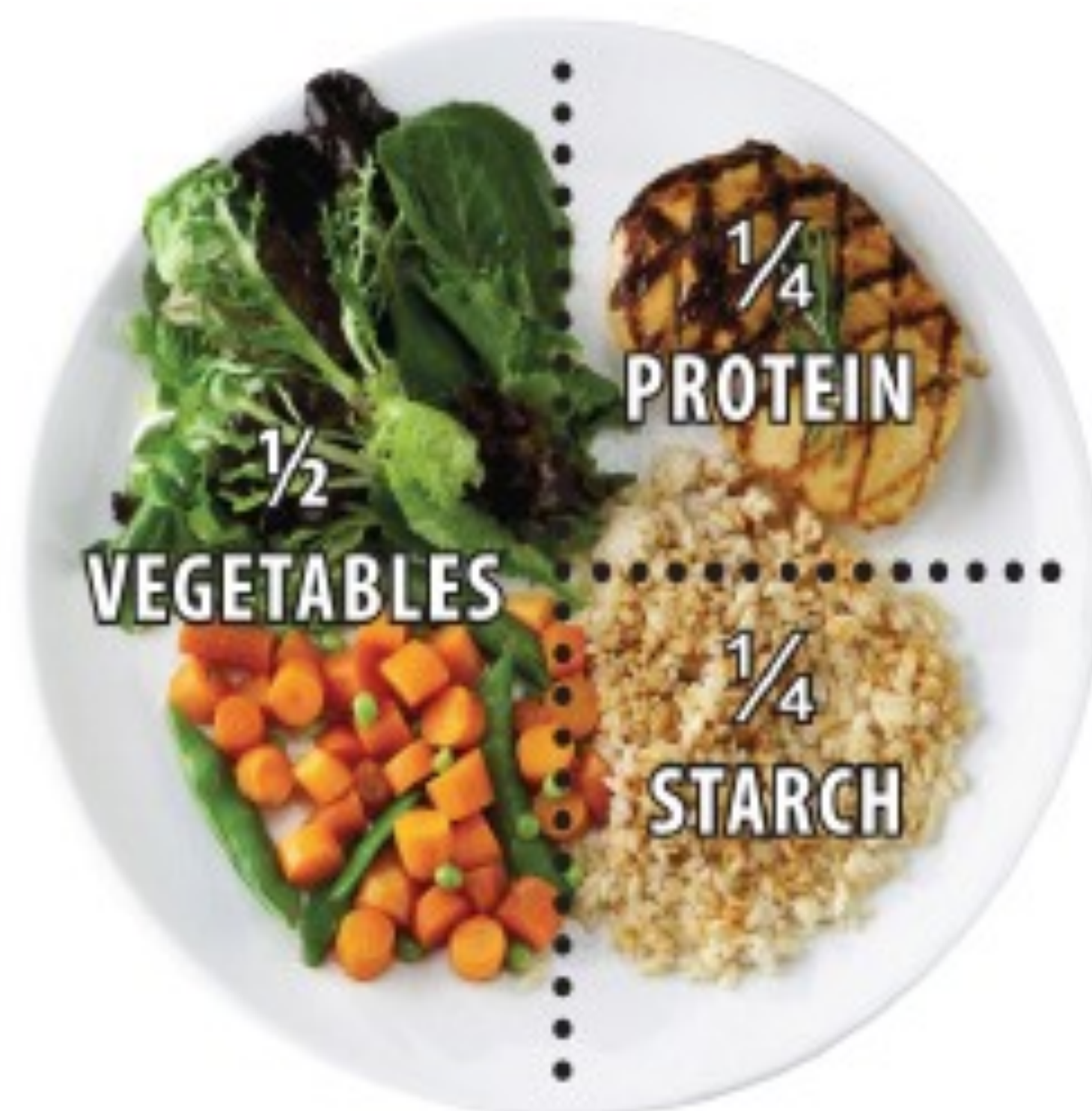


# What's a Portion?

## How to keep your portions in check during the holidays.

The key to healthy holiday eating is portion control. It is okay to try a little bit of everything, but be careful your “little bit” doesn't turn into a lot of everything. Follow these basic tips to make this holiday a healthier one:

1. Fill up 1/2 of your plate with a variety of non-starchy veggies like tossed salad, collard greens, broccoli, zucchini, acorn squash, and other holiday favorites.
2. Leave 1/4 of your plate for your starches like mashed potatoes, sweet potato casserole, corn, bread and rolls. Take small samples of each for variety.
3. Put your holiday meat on the remainder 1/4 of the plate. Choose a lean cut like breast meat for an even healthier plate.
4. Add 1/2 cup of fresh cranberry sauce and a small serving of your favorite dessert to complete the meal without feeling completely over-stuffed.



## What about the fixings?

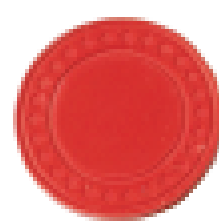
Gravies, butter, cheese, dips, appetizers, drinks....these can all add up. Keep these serving sizes in mind when adding these extras to your plate.



1 1/2 oz cheese  
= 3 dice



3 oz muffin or biscuit  
= hockey puck



1 tbsp = poker chip



1/4 cup or 2 tbsp  
= golf ball



1/2 cup = lightbulb

- . A serving of mashed potatoes, sweet potatoes, rice, stuffing and casseroles is about 1/2 of a cup or the size of a light bulb.
- . A serving of butter, jelly, salad dressing, mayonnaise, ranch dip, oil, is about 1-2 tablespoons. This looks like 1-2 poker chips or a golf ball.
- . 1 piece of chocolate = dental floss package
- . 1 brownie = dental floss package
- . 1 slice of cake = deck of cards
- . 1/2 cup ice cream = light bulb

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