

Fitness For the Heart, Body, and Mind

The Key to Correct Portion Sizes

Portion sizes have increased dramatically over the past 20 years. The following chart shows items that help define portion size. Managing portion size will help you and your family better manage your weight by raising awareness of what a single serving looks like.

SIZE IT RIGHT
A guide (based on standards that most nutritionists follow) to what one serving should look like.

 =  steak iPod Classic	 =  cheese matchbox	 =  pancake DVD
 =  pasta ice cream scoop	 =  potato mouse	 =  fish checkbook
 =  butter postage stamp	 =  salad dressing 2 tablespoons	 =  brown rice baseball
 =  peanut butter golf ball	 =  beans lightbulb	 =  dark chocolate dental floss

Source: www.iweightloss.com/blog/portion-sizes



How Many Servings Each Day?

The number of servings that you should have each day varies by age, sex, food group, and activity level. The following chart provides general guidelines on how many servings you should have each day.

Source: eat-spin-run-repeat.com/2012/01/17/readers-request-portion-control

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Keep Moving!

The human body is designed to move. Over time, regular moderate to vigorous exercise improves sleep, and sleep is vital to good health and well-being. People who exercise regularly fall asleep faster and experience a better quality sleep throughout the night.

To achieve good health, it is important to exercise frequently to keep our bodies and minds active. It is recommended that children participate in 60 minutes of moderate to vigorous activity per day. Adults should participate in 30 minutes of moderate to vigorous activity each day.

The following are examples of moderate intensity exercise:

- Walking briskly
- Water aerobics
- Bicycling slower than 10 miles per hour
- Playing tennis
- Ballroom dancing
- General gardening

The following examples of vigorous intensity exercise:

- Racing, walking, jogging, or running
- Swimming laps
- Playing singles tennis
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening
- Hiking uphill or with a heavy backpack

In addition to exercising, getting enough sleep is very important to maintain good health. The right amount of sleep helps to protect your mental health, physical health, quality of life, and safety. Sleep also helps to improve learning and general growth. With the right amount of sleep, you will pay attention more closely, make better decisions, and be more creative. In addition, quality sleep allows us to grow and maintain a strong immune system, which helps us stay healthy.

For more information on exercise and sleep, visit www.nhlbi.nih.gov/health/health-topics/topics/sdd/why.

Source: www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Moderate-to-Vigorous-What-is-your-level-of-intensity_UCM_463775_Article.jsp#.VrIW-PkrKUK