

KNOW YOUR LIMITS

Too Much Cheer?

Coach's Corner

Do you ever wonder how much is too much with the foods you eat? Are you making healthy decisions in regards to your portions, alcohol intake, and sugar consumption? Let us show you how you can use your hands to make estimated servings sizes that can help control your food portions. We will also discuss clear limits and guidelines for alcohol and sugar.

Your hand is the best tool to help with your servings and portion sizes!

FRUITS AND VEGETABLES (7-10)

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Leafy vegetables

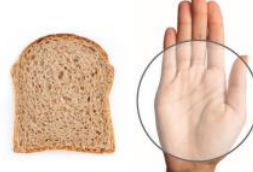
1 cup (250 mL) = 1 fist



GRAIN PRODUCTS (6-8)

Bread

1 slice = Size of hand



Rice

1/2 cup (125 mL) = 1/2 fist



MILK AND ALTERNATIVES (2-3)

Milk or fortified soy beverage

1 cup (250 mL) = 1 fist



Yogurt

3/4 cup (175 mL) = 1 fist



MEAT AND ALTERNATIVES (2-3)

Meat and Poultry

2½ oz (75g) = Palm of hand



Peanut butter

2 tbsp (30 mL) = 2 thumbs



Source: www.eatrightontario.ca

SUGAR

“The Canadian Diabetes Association recommends Canadians limit intake of free sugars to less than 10% of the total daily calorie intake. This is approximately 50g (12 teaspoons) of free sugars consumed per day based on a 2000-calorie diet.” (4 grams of sugar = 1 teaspoon of sugar)

ALCOHOL

The Canadian Centre on Substance Use and Addiction states these limits:

- 10 drinks a week with no more than 2 drinks a day for women
- 15 drinks a week with no more than 3 drinks a day for men

