

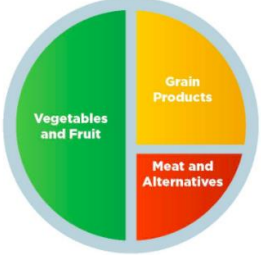
# KNOW YOUR LIMITS

## Too Much Cheer?

Portion sizes have been getting bigger! How do you know if you're eating a healthy amount of food? Controlling your portions doesn't have to be difficult. Let us teach you about managing your food portions that can help you live a healthy lifestyle.

Refer to the food guide to know the suggested serving sizes for each food group. You can use your hand to estimate serving sizes that can inform the food portions you eat. Refer to [www.eatrightontario.ca](http://www.eatrightontario.ca) for examples.

### Tips on How to Manage Your Food Portions

Eating Out	Eating In	Grocery Shopping	Snacking
<ul style="list-style-type: none"> <li>Share appetizers with the whole table</li> <li>Split your meal with a friend</li> <li>Pack up some of your meal to finish the next day</li> <li>Choose to drink water with lemon</li> </ul>	<ul style="list-style-type: none"> <li>Serve food on smaller plates and bowls</li> <li>Fill your plate according to this guideline:                             <div style="text-align: center;">  </div> </li> <li>If you're still hungry, fill your plate with extra vegetables</li> </ul>	<ul style="list-style-type: none"> <li>When buying in bulk, split up the food once you're home into appropriate portion sizes with reusable containers or freezable bags</li> <li>Split healthier foods with friends or family</li> <li>Avoid processed foods and foods high in sugar</li> <li>Check the label before you buy</li> </ul>	<ul style="list-style-type: none"> <li>Display your fresh and healthy snacks in an area where you can see them e.g. counter or front of fridge</li> <li>Avoid buying unhealthy foods – if you do, keep them out of sight</li> <li>Pour your snack into a small bowl instead of eating it out of the bag</li> </ul>

### How to Decode a Label

- Check the serving size
- Check the calories
- Look at the Daily Value Percentage
  - 5% or less is little
  - 15% or more is a lot
- Get less of:
  - Fat, saturated fat, trans fat, sodium
- Get more of:
  - Fibre, vitamin A, vitamin C, calcium, iron

Nutrition Facts	
1	Serving Size 2/3 cup (55g) Servings Per Container About 8
2	Amount Per Serving <b>Calories 230</b> Calories from Fat 72
	<b>% Daily Value*</b>
4	<b>Total Fat</b> 8g <b>12%</b>
	Saturated Fat 1g <b>5%</b>
	Trans Fat 0g
	<b>Cholesterol</b> 0mg <b>0%</b>
	<b>Sodium</b> 160mg <b>7%</b>
	<b>Total Carbohydrate</b> 37g <b>12%</b>
	Dietary Fiber 4g <b>16%</b>
	Sugars 1g
5	<b>Protein</b> 3g
	Vitamin A      10%
	Vitamin C      8%
	Calcium      20%
	Iron      45%

Source: [www.eatrightontario.com](http://www.eatrightontario.com)