Guide to Using the Nutrition Facts label—

• SERVING SIZE

All information on the label pertains to this amount of food. The serving size is listed in household amounts, the weight is in grams (g). On any package, the serving size listed is always the same for products of the same type.

• CALORIES

Calories are figured from the amount of fat, carbohydrate, and protein in the food.

• TOTAL FAT

A STRIDE guideline is to eat a healthy, low-fat diet. Total fat consists of three subtypes of fat:

1. Saturated fat
2. Monounsaturated fat
3. Polyunsaturated fat

Fat has more than twice the calories per gram of carbohydrate or protein. Consider the grams of fat on a product label when making product choices.

• CALORIES FROM FAT

This shows how many calories come from fat. To get percent calories from fat, divide this number by the total calories.

• % DAILY VALUE

The % Daily Value gives you a general idea of how a food’s nutrient contributions fit into a 2,000 calorie reference diet. The % Daily Value is based on the guidelines listed at the bottom of the label. In this example, the food provides 1% of the 65 grams of fat in a 2,000 calorie reference diet.

• CALORIES PER GRAM FOOTNOTE

These numbers are constants. Every gram of fat has 9 calories. A gram of carbohydrate or protein has 4 calories each.
If there’s one thing you have control over, all day every day, it’s the size of your food portions. Learning to eat less and buy less food results in healthy savings for your body and budget. To be sure you’re getting the portions you need, learn what common objects represent different servings of your favorite foods.

**Grains (6 ounces every day)**

1 OUNCE EQUIVALENTS:
- 4” waffle or pancake; slice of bread = CD
- ½ cup cooked rice or pasta = baseball
- ½ bagel or small muffin = hockey puck
- 1 cup dry cereal = fist

**Meat & Beans (5½ ounces every day)**

1 OUNCE EQUIVALENTS:
- 3 ounces of meat, fish or poultry = deck of cards
- 1 tablespoon peanut butter = ½ ping pong ball
- ¼ cup cooked beans = large egg
- 1 egg

**Vegetables (2½ cups every day)**

½ CUP EQUIVALENTS:
- 1 cup raw leafy greens = baseball
- ½ cup cooked veggies = ½ tennis ball
- Small potato; ½ cup mashed potato = computer mouse
- 1 medium carrot

**Fruits (2 cups every day)**

½ CUP EQUIVALENTS:
- 6” banana, ½ small apple
- ½ cup cut-up fruit = 7 cotton balls
- ½ cup grapes = light bulb
- ¼ cup dried fruit = large egg

**Dairy (3 cups every day)**

1 CUP EQUIVALENTS:
- 1 cup milk = fist
- 1½ ounce of cheese = 6 stacked dice
- 1/3 cup shredded cheese = golf ball
- 1 cup yogurt = baseball

**Fats (Use sparingly)**

- 1 tablespoon oil = top joint of thumb
# Tale of Two Meals

## Meal One *
- 1 whole boneless chicken breast (8-oz) __________ calories
- 1 cup of packaged rice pilaf __________ calories
- Small mixed salad (1 cup) __________ calories
- 2 Tbsp of lite-ranch dressing __________ calories
- 1 small dinner roll (with 1 tsp fat-free margarine) __________ calories
- 1 glass of 1% milk (12-oz) __________ calories

## Meal Two
- 1 3-oz serving of salmon (baked) 150 calories
- 1 medium baked potato (with 1/2 Tbsp margarine) 190 calories
- 1 cup frozen mixed vegetables 27 calories
- 1 slice of sourdough bread (with 1/2 Tbsp margarine) 88 calories
- 1 8-oz glass of skim milk 91 calories

---

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 whole boneless chicken breast (8 oz)</td>
<td>284 calories</td>
</tr>
<tr>
<td>1 cup of packaged rice pilaf</td>
<td>310 calories</td>
</tr>
<tr>
<td>Small mixed salad (1 cup)</td>
<td>9 calories</td>
</tr>
<tr>
<td>2 Tbsp of lite-ranch dressing</td>
<td>80 calories</td>
</tr>
<tr>
<td>1 small dinner roll (with 1 tsp fat-free margarine)</td>
<td>84 calories</td>
</tr>
<tr>
<td>1 glass of 1% milk (12 oz)</td>
<td>153 calories</td>
</tr>
<tr>
<td>1 3-oz serving of salmon (baked)</td>
<td>150 calories</td>
</tr>
<tr>
<td>1 medium baked potato (with 1/2 Tbsp margarine)</td>
<td>190 calories</td>
</tr>
<tr>
<td>1 cup frozen mixed vegetables</td>
<td>27 calories</td>
</tr>
<tr>
<td>1 slice of sourdough bread (with 1/2 Tbsp margarine)</td>
<td>88 calories</td>
</tr>
<tr>
<td>1 8-oz glass of skim milk</td>
<td>91 calories</td>
</tr>
</tbody>
</table>
ONE easy way to plan a balanced meal is shown here. Vegetables cover half of the plate for lunch and dinner. The remainder of the plate is divided between a starch/bread choice and a protein choice. One serving of fruit and one serving of milk are represented outside the plate.

<table>
<thead>
<tr>
<th>Vegetables / Salad</th>
<th>Starch / Bread</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup salad greens with tomato and cucumber</td>
<td>1 small dinner roll</td>
<td>3 oz boneless, skinless chicken</td>
</tr>
<tr>
<td>Steamed broccoli and cauliflower</td>
<td>1/3 cup brown rice or pasta</td>
<td>3 oz fish</td>
</tr>
<tr>
<td>Sautéed zucchini and red pepper (in 1 tsp olive oil)</td>
<td>1 6” whole-wheat tortilla</td>
<td>1/2 cup tofu or tempeh</td>
</tr>
<tr>
<td>Sautéed spinach and mushrooms (in 1 tsp olive oil)</td>
<td>1/2 cup potatoes, corn, or peas</td>
<td>3 oz lean beef or pork</td>
</tr>
<tr>
<td>Carrots, celery, and cucumber sticks</td>
<td>Fruit</td>
<td>2-egg omelet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>1 cup melon</td>
<td>8 oz milk</td>
</tr>
<tr>
<td></td>
<td>1 small fresh fruit</td>
<td>6–8 oz light yogurt</td>
</tr>
</tbody>
</table>