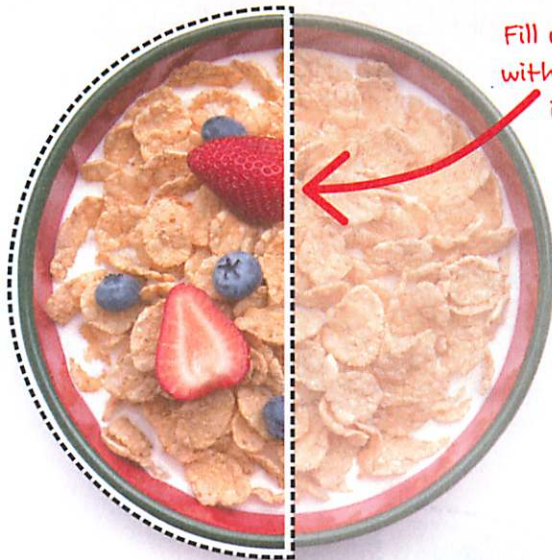


# solving the **Portion Puzzle**



Fill up your bowl with fresh fruit instead!

**Eat 1 Cup Cold Cereal w/Milk Instead of Filling the Bowl**

A serving size is 1 cup—about the size of your fist.

**Save 240 calories**



It's all in how you slice it!

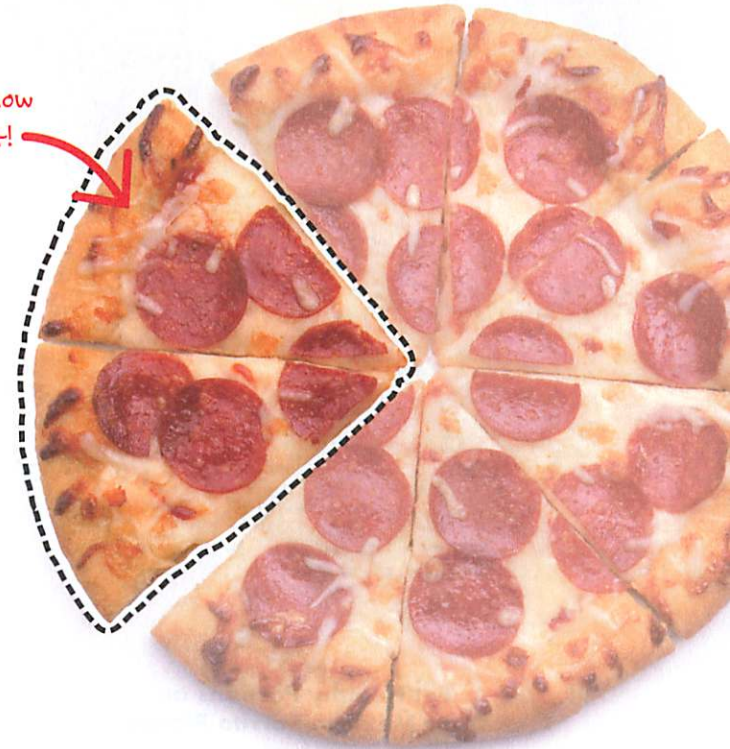
Better value isn't worth the calories and fat!

**Eat a 1-oz. Monster Cookie**

Mega monster cookie (8 oz.) = 995 calories/50g fat

Monster cookie (1 oz.) = 125 calories/6g fat

**Save 870 calories/9g fat**

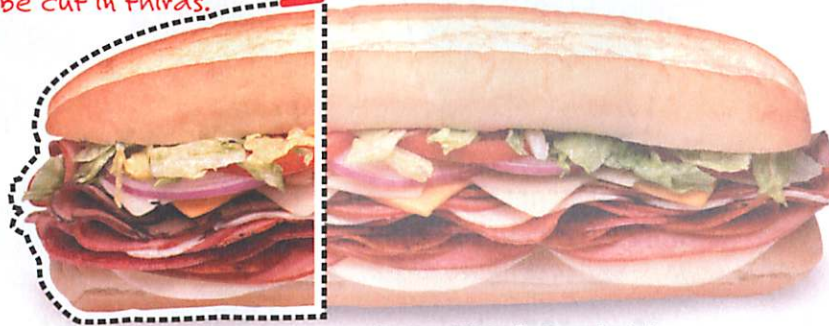


**Frozen Pepperoni Pizza**

Have 2 slices, but cut your pizza into 8 slices instead of 6!

**Save 175 calories**

Ask for your sub to be cut in thirds.



**Eat a 4" Sub Sandwich**

Foot-long sub = 900 calories/42g fat

1/3 of foot-long sub (4") = 300 calories/14g fat

**Save 600 calories/28g fat**



Café Mocha adds 26 grams of fat!



**Choose Coffee vs. Café Mocha**

Large café mocha (20 oz.) = 490 calories

Small coffee, black (8 oz.) = 5 calories

**Save 485 calories**

**Chinese Takeout Entrees**

1/2 cup per person



**1 quart**

**8 people**



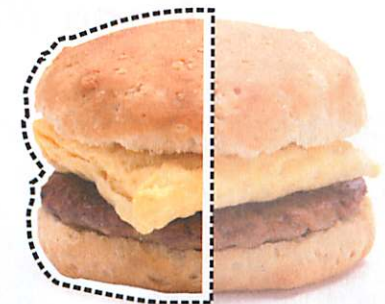
**1 pint**

**4 people**



**1/2 pint**

**2 people**



**Split a Breakfast Egg & Sausage Biscuit Sandwich with a Friend**

Large breakfast sandwich (6.2 oz.) = 570 calories/37g fat

**Save 285 calories/18.5g fat**



## Tips to help control portions when eating out

Portion sizes are out of control and have been increasing over the years — along with our waistlines! Here are some tips to help you control portions when eating out:

- Ask for a doggie bag to be served with your meal, and place excess portions in it right away.
- Request extra lettuce, peppers, onion and other veggies on your sandwich.
- Ask for specific serving sizes, or order servings from the children's menu.
- Bypass bottomless refills — except water.



### Eat Healthy Portions on Your Mexican Burrito Platter

As served = 1345 calories/40g fat  
Half a 12 oz. chicken burrito, 1/2 cup each of beans & rice, and salsa = 735 calories/18g fat

**Save 610 calories/22g fat**



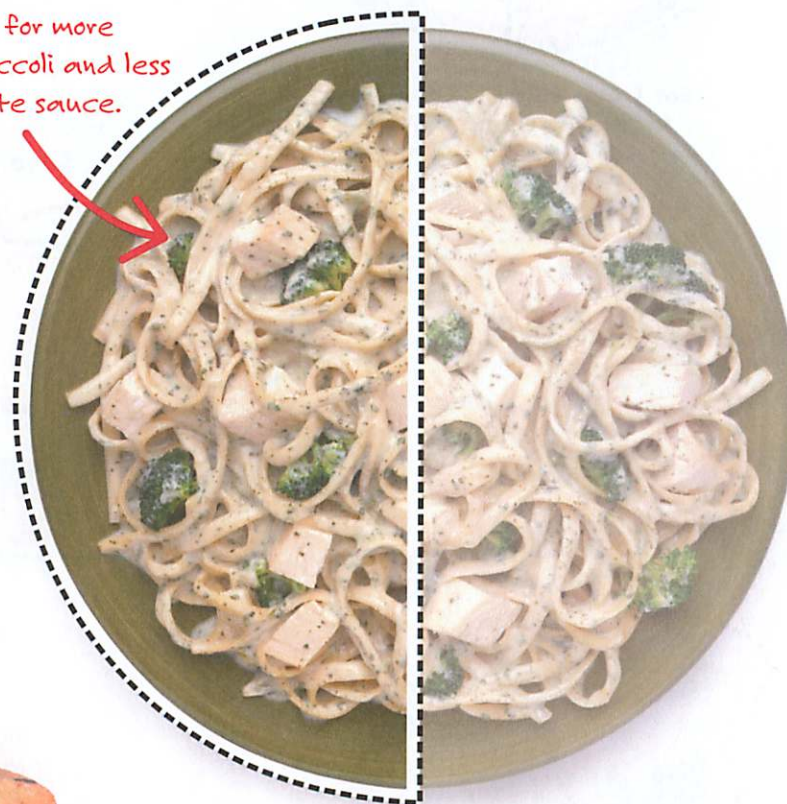
Order the small, not the super tall!

### Drink 8 oz. Cola Soft Drink

Mega size (44 oz.) = 520 calories  
One serving size (8 oz.) = 95 calories

**Save 425 calories**

Ask for more broccoli and less white sauce.



### Take Home Half Your Pasta Platter

Chicken Alfredo w/broccoli = 1420 calories/68g fat  
(6 oz. chicken, 1/2 cup broccoli & 3 cups linguine w/white sauce)

Suggested serving = 700 calories/34g fat  
(3 oz. chicken, 1/2 cup broccoli & 1 1/2 cup linguine w/white sauce)

**Save 720 calories/34g fat**

## Mega Muffin Mania



**Specialty Blueberry Muffin**

5 oz. = 750 calories/40g fat



**Jumbo Blueberry Muffin**

4 oz. = 600 calories/32g fat



**Blueberry Muffin**

2 oz. = 300 calories/16g fat



**Mini Muffin**

1 oz. = 150 calories/8g fat