



# WIN (Wellness IN) the Home Home Investigations



Complete the following chart. Serve yourself the amount you normally would in your favorite dishes. Measure how much you served yourself and compare it to the serving size listed on the package. Try at least one additional food or beverage not already listed.

Food or Beverage Item	Amount you served yourself	One serving according to the label
Milk in a glass		
Cereal in a bowl		
Soup in a bowl		
Hot cocoa in a mug		
Ice cream in a bowl		

What did you learn from these measurements?

Did you serve more than one serving of ice cream? If yes, note the following:

- A. Calories for one serving from the label \_\_\_\_\_
- B. Calories for your serving (add calories for the amount you served yourself over the label serving size) \_\_\_\_\_
- C. Additional calories (subtract B from A) \_\_\_\_\_

What can you do to reduce portions you serve yourself that are too big?