

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?