

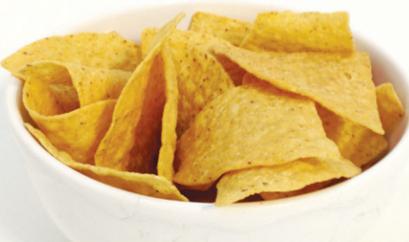
Watch Portion Sizes

They may be too big.
If you use small plates, bowls, and cups at potlucks, you are likely to eat less.

OVERSIZE PORTIONS



20 oz bowl, 600 calories



35 chips, 20 oz bowl, 600 calories



12" ham sub, 620 calories

HEALTHY PORTIONS



6 oz bowl, 180 calories



1 oz (7 chips), 138 calories
Serve on 6" plate



6" ham sub, 310 calories
Serve on 8" plate

“Prepare, serve, and consume smaller portions of foods and beverages, especially those high in calories.”

– Dietary Guidelines for Americans 2010, U.S. Department of Agriculture and U.S. Department of Health and Human Services.

BetterHealth

CITY OF ALBUQUERQUE AND
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Better you.