



nutrinews

written by Gale Welter, MS, RD, CSCS
Nutrition Counselor, Campus Health Service



Serving Size Quiz

Research indicates that the bigger the amount of food you order, and/or put on your plate, the more you eat. This isn't too surprising. However, the research also indicates that the less you order or put on your plate, the less you eat and usually don't feel the difference in terms of being satisfied. You may be needlessly overeating... and needlessly adding pounds.

Test yourself on reasonable serving sizes. Match the food with letter of the common item that represents a serving of that food. Some letters are used more than once. Use this info to increase your awareness of the size and number of the servings you are eating, perhaps needlessly.

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|--|-------------------------------------|-------|----------------------|
| 1. Scoop (1/2 cup) of ice cream | 11. 1 oz (1/4 cup) nuts | | A. Raquetball |
| 2. 3 oz chicken breast, hamburger, etc. | 12. 1 oz chips, pretzels | | B. Golfball |
| 3. 1 oz cheese | 13. 3 oz fish fillet | | C. Baseball |
| 4. 1 cup mashed potatoes (2 servings) | 14. Medium baked potato | | D. Tennis ball |
| 5. 1/2 cup corn, peas cut up fruit, etc. | 15. 1/2 cup rice | | E. 4 dice |
| 6. 1 cup broccoli spears | 16. 1/2 cup noodles, pasta | | F. A woman's fist |
| 7. 1 teaspoon (tsp) butter | 17. Medium piece of fruit | | G. Computer mouse |
| 8. 1 tablespoon (T) peanut butter | 18. 1/4 cup shredded cheese | | H. A woman's handful |
| 9. 1/2 cup grapes | 19. 1 tablespoon (T) salad dressing | | I. Checkbook |
| 10. 1 cup lettuce | 20. 1 cup popcorn | | J. Tip of thumb |
| | | | K. Deck of cards |
| | | | L. Matchbook |

ANSWERS: (1) A, (2) K, (3) E, (4) C, (5) A, (6) F, (7) J, (8) L, (9) D, (10) F, (11) B, (12) H, (13) I, (14) G, (15) A, (16) D, (17) D, (18) B, (19) L, (20) F

Got a question? email:
wildcatnutrition@yahoo.com

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