

proACTIVE Wellness Initiative
“Working Together for a Healthier Tomorrow”
Worksite Wellness Program – BRF School District
“Let’s Get Healthier”

Portions & Pop

Visualize the Right Portion Size

Healthy eating includes making healthful food choices and understanding service sizes. Weight gain or loss is determined by calories in and calories out. Portion size is just as important as selecting the right food to eat. Here are some everyday comparisons to help you visualize and figure out your service sizes:

- A teaspoon is the size of the tip of your thumb to the first joint
- Three ounces of meat is the size of a deck of cards
- One cup of pasta is the size of a tennis ball
- One-half of a medium bagel is the size of a hockey puck
- An ounce and a half of cheese is the size of three dominoes
- Two tablespoons of peanut butter are the size of a ping pong ball
- One-half cup of vegetables is the size of a light bulb

Soda Pop Intake

No matter what you call it – soda, pop, or liquid candy – sweetened with sugar or artificially sweetened – carbonated beverages are bad for your health. The empty calories that soda offers is one of the leading reasons Americans are overweight. Soda also does nothing for your nutritional needs, which can lead to other health problems

Regular Soda: The average amount of sugar that a regular 12 oz. soda offers is 150 calories; this is the same as 10 sugar packets or a quarter cup of sugar. If you drink only one can per day, this will lead to an additional 1,050 calories per week or up to 15 pounds of weight gain per year.

Diet Soda: Empty calorie but not the best answer! If you sip one at your desk, on break, out to dinner, or at home...where are you getting the recommended three glasses of dairy or proper amounts of water or fruits in the form of 100% fruit juice? Diet soda offers nothing to the body, yet it is responsible for our lack of needed nutrients, such as Vitamins B, D, and C, which are essential to consume because your body does not make them. The acid created from both regular and diet soda also wears on the enamel of your teeth. If you must drink it, it’s a good idea to use a straw – this is shown to lessen the damage.

Challenges (please complete and return to be eligible for drawing):

Be aware of your portion sizes and drink 6 to 8 eight-ounce glasses of water a day.

I accept this challenge _____ (Name of participant) _____ (Date)

Please indicate changes you made during the week of these challenges:

“It’s not that some people have willpower and some don’t. It’s that some people are ready to change and others are not.” – James Gordon, M.D.