

HEALTHY HOMES

I AM MOVING, I AM LEARNING NUTRITION NUGGET

Avoid Portion Distortion

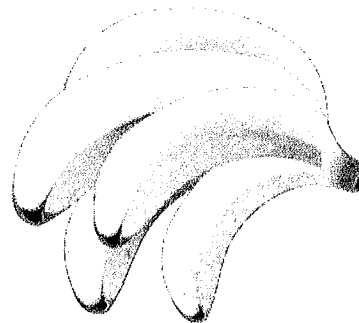
Portion sizes have changed drastically over the past 20 years. Below are some suggestions to help provide healthy meals for your children.

1. A child's tummy is about the size of a fist.
2. The serving size for children up to age 5 is about one tablespoon per year of age for each food item. For example, the serving size for a 4yr old is 4 tablespoons of each food item.
3. When children are encouraged to serve themselves with smaller utensils for their small hands, they tend to serve themselves a more appropriate serving.

Healthy Recipe: Banana Bobs

Ingredients:

2 bananas cut into ½ inch slices
¼ cup low-fat vanilla yogurt
2 tablespoons oat and honey granola cereal



Directions:

1. Place the sliced banana pieces on plate.
 2. Place 2 tablespoons of yogurt onto the plate.
 3. Place tablespoon of granola cereal onto the plate.
 4. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
- ** Try different flavors of yogurt.

Recipe is provided courtesy of the Oregon State University Extension Service. For this recipe and many more visit: <http://healthyrecipes.oregonstate.edu/kid-friendly>.