

# PARENT HEALTH BULLETIN



## Heart of Largo—Eat Smart, Play Hard

### What is the difference between a portion and a serving?

A "portion" can be thought of as the amount of a specific food you **choose** to eat for dinner, snack, or other eating occasion. Portions, of course can be bigger or smaller than the recommended food servings.

A "serving" is a unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the Food Guide Pyramid and the *Dietary Guidelines for Americans*.

### Portion control when eating out

Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. You can also ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.



**KID'S**

# FIT FEST

## LARGO CENTRAL PARK

**Heart**  
Eat Smart. Play Hard. of Largo

**Saturday, May 2, 2009  
10:00am — 2:00pm**

**Kids will be challenged to complete fitness and nutrition activities along with a fitness challenge. The first 300 kids to finish the challenge will receive a **FREE** lunch box.**

**Come join us for healthy food, entertainment and much more!**



### Portion Size Reference

*How do I know how big my portions are?*



**A computer mouse =**  
a serving of a 1/2 cup of cooked pasta



**A golf ball =**  
a serving of dried fruit (1/4 of a cup)



**Deck of cards =**  
a serving of meat, fish or poultry



**A baseball =**  
a serving of fruit or vegetables



**Six dice =**  
a serving of cheese

# Ponce de Leon Elementary

Happy  
St. Patrick's Day



Throughout the year the first grade team at Ponce de Leon have been learning about staying healthy by eating healthy foods and exercising. St. Patrick's Day was celebrated with an **EAT GREEN** Event. The students wore green and feasted on the following healthy items:

**Honey Dew Melon**  
**Kiwi**  
**Vegetable Dip**  
**Fruit Juice**

**Green grapes**  
**Cucumber**  
**Celery Sticks**  
**Green Apples**

## HEAT Club

The Second Graders at Ponce de Leon Elementary were introduced to the "Cool Moves" activities to get them motivated and excited about the HEAT Club. It worked! Among their favorite yoga moves are the Jello Shake (of course) and the Down Doggy. They also have a lot of fun with the Marching Band Move as they march around the classroom to Sousa music. And, last but not least, they thoroughly enjoy being Popcorn. These "Cool Moves" are implemented three times weekly for ten minutes. Who knew exercise could be so much fun?!

The students love being members of the HEAT Club and are really learning to appreciate heart healthy foods and to understand how the Food Pyramid works. During the month of March each second grade class took a field trip to the Publix Supermarket for a "behind the scenes" tour and hands on reinforcement study of food labels to further encourage the importance of heart healthy eating.



**NATIONAL TURN-OFF TV WEEK**  
**April 20th - 26th**

## Portion Distortion

Portion sizes have increased in the past years. This increase may have contributed to the climbing rates of overweight and obese people in the United States. Below are some specific examples of portion distortion.

### Turkey Sandwich



20 years ago

320 calories

Today



820 calories

### French Fries



20 years ago

210 calories  
2.4 ounces

Today



610 calories  
6.9 ounces

### Bagel



20 years ago

140 calories  
3-inch diameter

Today



350 calories  
6-inch diameter