

EATING SMART AT HOME



Smart-size Your Portions

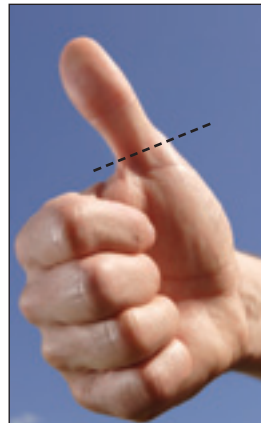
A portion is what you serve yourself or what a restaurant gives you—you can also think of this as a “helping.”

The reality is that a portion is sometimes larger than it should be.

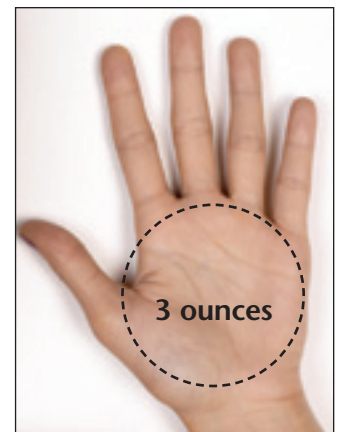
Use your hand as a guide to estimate a smart size portion.



Your fist is about the size of one cup or one ounce of cereal.



The palm of your hand is about the same size as 3 ounces of meat, fish, or chicken.



Your thumb is about the same size as 1 ounce of cheese.



Because hand sizes vary, compare your fist size to an actual measuring cup.



A small handful of nuts is about 1 ounce. For chips and pretzels, 2 handfuls equals about 1 ounce.



A handful of shredded cheese is about one ounce.



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EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



SLOPPY JOES WITH BEANS

Makes 6 servings

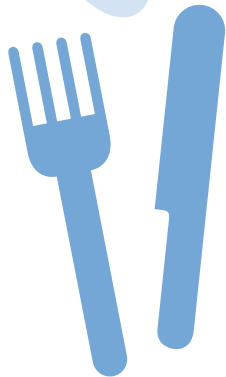
Serving Size: 1 sandwich

Ingredients

- 1 pound ground turkey
- 1 (15.5-ounce) can kidney beans, drained and mashed
- 1 (15.5-ounce) can Sloppy Joe sauce
- 1/4 cup chopped onion
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 6 hamburger buns or toasted bread
- Non-stick cooking spray



Tip: To further reduce sodium, use low-sodium beans



Eat Smart

Directions

1. Spray skillet with non-stick cooking spray.
2. Brown turkey over medium heat. Add onion.
3. While turkey is browning, drain beans and mash with a fork.
4. Add beans, Sloppy Joe sauce, garlic powder, and pepper to turkey.
5. Simmer for 2 minutes.
6. Toast hamburger bun halves.
7. Assemble sandwiches by placing 1/6 of Sloppy Joe mixture between toasted buns.

Nutrition information Per Serving

400 calories		Total Carbohydrate	56 g
Total Fat	8 g	Dietary Fiber	8 g
Saturated Fat	2 g	Sodium	730 mg
Protein	23 g		

 **Excellent Source of Vitamin A**

 **Good Source of Iron**

LOOK AROUND YOU

Learn what free and low-cost physical activity opportunities there are near your home. For example, parks, hiking trails, bike trails, swimming pools, etc. Make a plan to take your family to one of these places this week to be active together.



www.pedbikeimages.org/Dan Burden

Move More

