

# APPENDIX

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## Meal Size: 4-7 months

(on a 10" dinner plate)

### Healthy Portion Serving Tips:

- Use the right portion for the right age.
- Make half the plate fruits and vegetables.



## Meal Size: 8-11 months

(on a 10" dinner plate)

### Healthy Portion Serving Tips:

- STOP. Wait for your child to ask you for seconds rather than just serving more.
- Be a model - put the right amount on your plate and eat together.



## Meal Size: 1-2 years

(on a 10" dinner plate)

### Healthy Portion Serving Tips:

- It's okay to leave food on the plate if your infant or child is full.
- For child size portions, use child size plates, glasses and serving spoons.

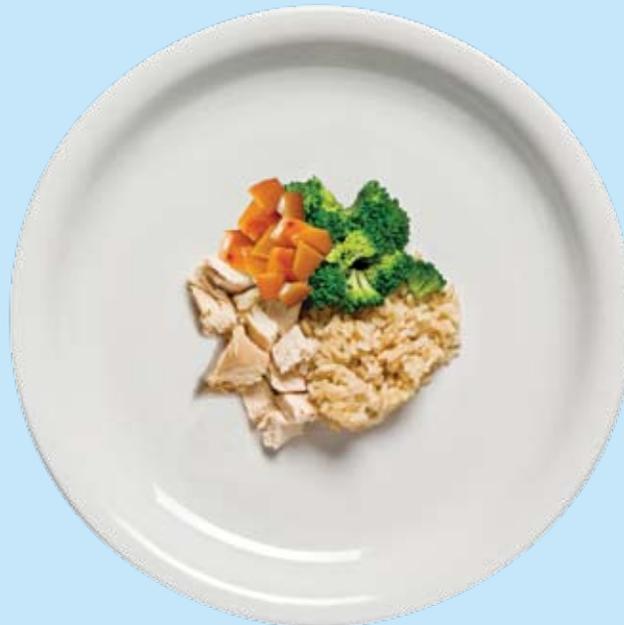


## Meal Size: 3-5 years

(on a 10" dinner plate)

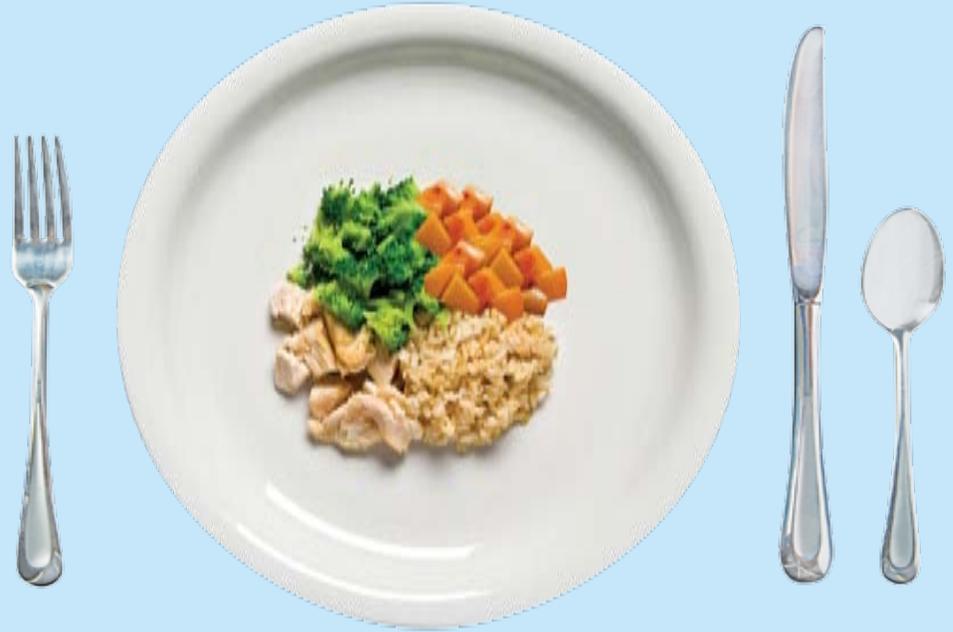
### Healthy Portion Serving Tips:

- Limit 100% fruit juice servings to no more than 1/2 cup per day.



## Meal Size: 6-12 years

(on a 10" dinner plate)



## Beverage Size

(10 oz. & 16 oz. glasses)



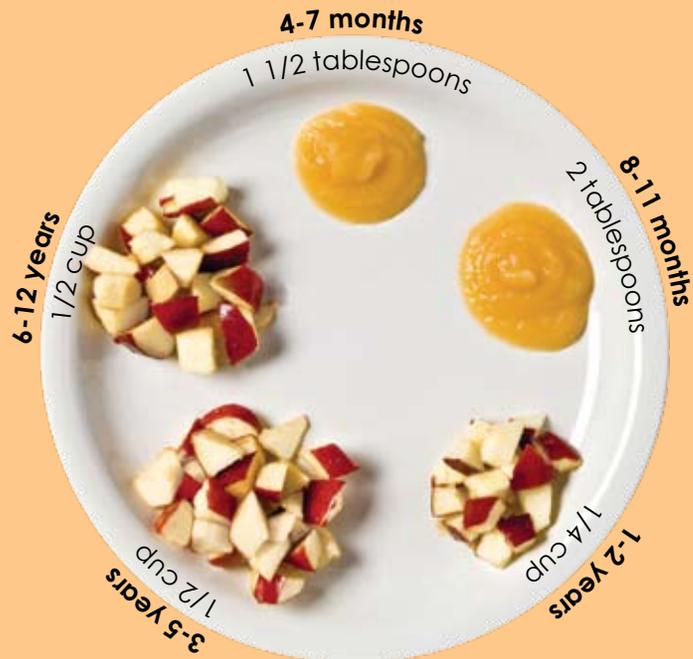
**Milk Portion**  
(3/4 cup) for 3-5 year olds



**Fruit Juice Portion**  
(1/2 cup) for 3 years and older

# Fruit Portion Sizes

(on a 10" dinner plate)



\* Note: Children over 12 years and adults need at least 1/2 cup, however 1 cup is preferred.

# Vegetable Portion Sizes

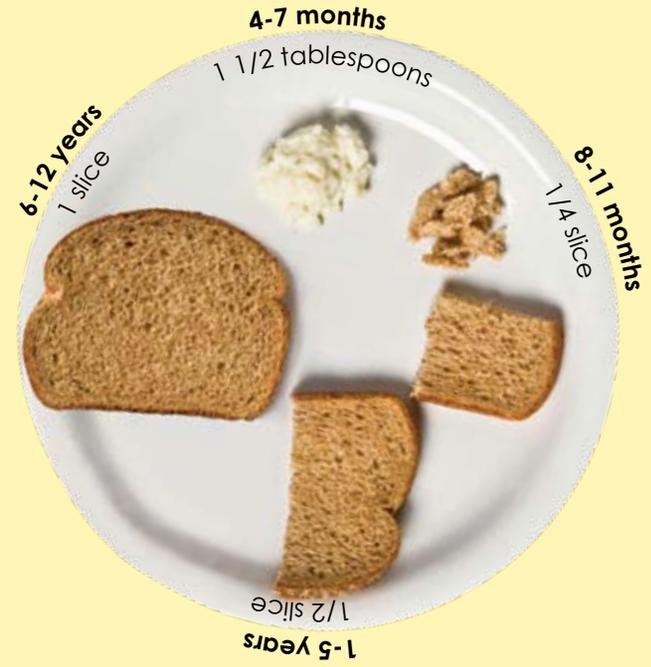
(on a 10" dinner plate)



\* Note: Children over 12 years and adults need at least 1/2 cup, however 1 cup is preferred.

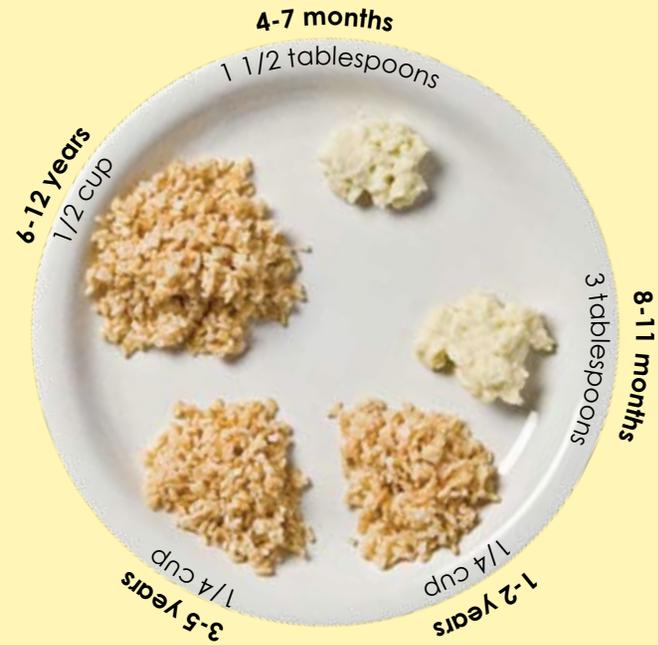
## Grains/Breads Portion Sizes

(on a 10" dinner plate)



## Grains/Breads Portion Sizes

(on a 10" dinner plate)



# Meat Portion Sizes

(on a 10" dinner plate)



## Conversion Charts for Measures & Weights

Liquid Measures	1 gal =	4 qt	8 pt	16 cups	128 fl oz	3.79L
	1/2 gal =	2 qt	4 pt	8 cups	64 fl oz	1.89L
	1/4 gal =	1 qt	2 pt	4 cups	32 fl oz	.95L
		1/2 qt =	1 pt	2 cups	16 fl oz	.47L
		1/4 qt =	1/2 pt	1 cup	8 fl oz	.24L

Dry Measures	1 cup =	8 fl oz	16 Tbsp	48 tsp	237ml
	3/4 cup =	6 fl oz	12 Tbsp	36 tsp	177ml
	2/3 cup =	5 1/3 fl oz	10 2/3 Tbsp	32 tsp	158ml
	1/2 cup =	4 fl oz	8 Tbsp	24 tsp	118ml
	1/3 cup =	2 2/3 oz	5 1/3 Tbsp	16 tsp	79ml
	1/4 cup =	2 fl oz	4 Tbsp	12 tsp	59ml
	1/8 cup =	1 fl oz	2 Tbsp	6 tsp	30ml
			1 Tbsp =	3 tsp	15ml

	 RECOMMENDED	 LIMIT	 NOT RECOMMENDED
<b>Beverages</b>	Water Fat-free and 1% milk	100% fruit juice (4 oz.)	Whole milk  Regular or diet sodas  Sweetened iced teas, lemonade and fruit drinks with less than 100% fruit juice
<b>Milk</b>	Fat-free and 1% milk  Fat-free and low-fat yogurt and cottage cheese  Fat-free, part-skim, or reduced-fat cheese (including cream cheese)		Whole milk
<b>Vegetables</b>	Almost all fresh, frozen, and canned vegetables without added fat (such as butter) or sauces	All vegetables with added fat or salt	Any vegetable fried in oil, such as french fries or hash browns
<b>Fruits</b>	All fresh and frozen fruits and canned fruits packed in juice or water  Dried fruits (for children over 4)	100% fruit juice  Fruits canned in light syrup	Fruits canned in heavy syrup
<b>Grains &amp; Breads</b>	Whole-grain breads, pitas, and tortillas  Whole-grain pasta  Brown rice  Hot and cold unsweetened whole-grain breakfast cereals  Cereals and grains with less than 6g of sugar	White bread and pasta unless it is whole grain  Taco shells  French toast, waffles, and pancakes  Biscuits  Granola	Donuts, muffins, croissants, and sweet rolls  Sweetened breakfast cereals  Crackers made with hydrogenated oils (trans fats)

	 RECOMMENDED	 LIMIT	 NOT RECOMMENDED
<b>Meats &amp; Meat Alternates</b>	<p>Extra-lean ground beef</p> <p>Chicken and turkey without skin</p> <p>Tuna canned in water</p> <p>Fish and shellfish that has been baked, broiled, steamed, or grilled</p> <p>Beans, split peas, and lentils</p> <p>Tofu</p> <p>Nuts (for children over 4)</p> <p>Egg whites and egg substitutes</p> <p>Peanut-butter</p>	<p>Lean ground beef and turkey</p> <p>Broiled hamburgers</p> <p>Ham, Canadian bacon</p> <p>Chicken and turkey with the skin</p> <p>Tuna canned in oil</p> <p>Whole eggs cooked without added fat</p>	<p>Beef and pork that has not been trimmed of its fat</p> <p>Ribs, bacon</p> <p>Fried chicken, chicken nuggets</p> <p>Hot dogs, bologna and other lunch meats, bacon, pepperoni, and sausage</p> <p>Fried fish and shellfish</p> <p>Whole eggs cooked with added fat</p> <p>Full-fat cheese</p> <p>Full-fat cream cheese</p> <p>Yogurt made from whole milk</p> <p>Processed cheese</p>
<b>Sweets &amp; Snacks</b>	<p>Whole grain pretzels</p>	<p>Frozen fruit-juice bars</p> <p>Low-fat frozen yogurt or ice cream</p> <p>Fig bars</p> <p>Ginger snaps</p> <p>Baked chips</p>	<p>Cookies, cakes, and pies</p> <p>Cheesecake, ice cream</p> <p>Chocolate candy</p> <p>Chips</p> <p>Buttered popcorn</p>
<b>Dressings &amp; Other Toppings</b>	<p>Fat-free creamy salad dressing</p> <p>Fat-free mayonnaise</p> <p>Fat-free sour cream</p> <p>Vegetable oil, Olive oil,</p> <p>Oil-based salad dressing</p>	<p>Low-fat creamy salad dressing</p> <p>Low-fat mayonnaise</p> <p>Low-fat sour cream</p> <p>Ketchup</p> <p>Mustard</p> <p>Vinegar</p>	<p>Butter, lard, and margarine</p> <p>Salt</p> <p>Pork gravy</p> <p>Regular creamy salad dressing</p> <p>Mayonnaise, tartar sauce</p> <p>Regular sour cream</p> <p>Cheese or cream sauce, and dips</p> <p>Full-fat cheese</p>

# How to Read a Food Label

## Serving Size and Servings Per Container

- Look at the serving size and how many servings you are actually eating. If you are eating more than one serving, you need to multiply the calories by the number of servings.

## Calories Per Serving

- Low - 40 Calories or less per serving
- High - 400 or more calories per serving
- First check the calories and then check the nutrients to see what you will be getting from the foods you are eating.

## Sodium

- Important to look for less sodium (< 5% is low, and > 20% is high) in order to reduce the risk of high blood pressure.
- Snack items should have no more than 200mg of sodium per serving.

Nutrition Facts			
Serving Size: <b>6 Crackers (28g)</b>			
Servings Per Container <b>About 10</b>			
Amount Per Serving			
Calories <b>129</b>		Calories from Fat <b>41</b>	
		% Daily Value*	
Total Fat	<b>4.5g</b>		<b>7%</b>
Saturated Fat	<b>1g</b>		<b>5%</b>
Trans Fat	<b>0g</b>		
Polyunsaturated Fat	<b>2.5g</b>		
Monounsaturated Fat	<b>1g</b>		
Cholesterol	<b>0mg</b>		<b>0%</b>
Sodium	<b>150mg</b>		<b>6%</b>
Potassium	<b>110mg</b>		<b>3%</b>
Total Carbohydrate	<b>19g</b>		<b>6%</b>
Dietary Fiber	<b>3g</b>		<b>12%</b>
Sugars	<b>0g</b>		
Protein	<b>3g</b>		
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 6%	
Phosphorus 15%			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Fats

- Look for foods low in saturated and trans fat, and cholesterol. Most fats should be poly- or monounsaturated.
- Food should have no more than 35% of its calories from fat and no more than 10% of its calories from saturated fat excluding nuts, seeds, peanut butter, and other nut butters.
- All foods should have less than 0.5g of trans fat.

## Sugars

- Look for foods low in added sugars. Read the ingredient list and make sure that sugar is not one of the first three items on the list.
- Names for added sugars include: sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, molasses, and fructose.
- A food should have no more than 35% of its calories from total sugars.

# Food Label Samples

## Nutrition Facts

Serving Size: 1 (1 wiener, 45 grams)

Amount Per Serving

Calories 132 Calories from Fat 108

% Daily Value\*

Total Fat 12g 18%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 35g 12%

Sodium 540g 23%

Total Carbohydrate 1g 0%

Dietary Fiber

Sugars 1g

Protein 5g

Vitamin A 0%  Calcium 2%

Vitamin C 0%  Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Hot Dog



Calculating the percentage of calories from fat (requirement < 35%)

Take the calories from fat and divide by calories

$$108/132 = 81\%$$

Note: If calories from fat is not listed, you can determine the calories by multiplying the total fat by 9 (1 gram of fat = 9 calories).

Total fat = 12g x 9 calories per gram of fat = 108 calories from fat

This item would **NOT** qualify.



calories from fat divided by total calories = % of calories from fat

## Deli Chicken Breast



Calculating the percentage of calories from fat (requirement < 35%)

Take the calories from fat and divide by calories

$$9/49 = 18\%$$

Note: If calories from fat is not listed, you can determine the calories by multiplying the total fat by 9 (1 gram of fat = 9 calories).

Total fat = 1g x 9 calories per gram of fat = 9 calories from fat

This item would qualify.

## Nutrition Facts

Serving Size: 1 (2 oz, 56 grams)

Amount Per Serving

Calories 49 Calories from Fat 9

% Daily Value\*

Total Fat 1g 2%

Saturated Fat 1g 3%

Trans Fat

Cholesterol 25mg 8%

Sodium 470mg 20%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 9g

Vitamin A 0%  Calcium 2%

Vitamin C 0%  Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Food Label Samples

### Nutrition Facts

Serving Size: 1 (1 bar, 44 grams)

Amount Per Serving			
Calories	160	Calories from Fat	27
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	1g		3%
Trans Fat			
Cholesterol			
Sodium	115mg		5%
Total Carbohydrate	32g		11%
Dietary Fiber	1g		4%
Sugars	19g		
Protein	2g		
Vitamin A 0%		•	Calcium 2%
Vitamin C 0%		•	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Cereal Bar



Amount of sugar  
(requirement < 35% of calories)

Take the sugars and multiply by 4, then divide by calories (1 gram = 4 calories)

$(19g \times 4) / 160 = 47.5\%$

This item would NOT meet the sugar requirement.

This item would NOT qualify.

Other names for sugar:  
sucrose, glucose, fructose, high fructose corn syrup, corn syrup, maple syrup, molasses

Read the ingredients list and choose items that do not have sugars listed as the first three ingredients, or have several kinds of sugars listed.



### Nutrition Facts

Serving Size: 1 (1 cup, 30 grams)

Amount Per Serving			
Calories	118	Calories from Fat	18
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0g		0%
Sodium	210mg		9%
Total Carbohydrate	22g		7%
Dietary Fiber	3g		12%
Sugars	4g		
Protein	3g		
Vitamin A 0%		•	Calcium 2%
Vitamin C 0%		•	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Whole Grain Cereal



Amount of sugar  
(requirement < 35% of calories)

Take the sugars and multiply by 4, then divide by calories (1 gram = 4 calories)

$(4g \times 4) / 118 = 13.6\%$

This item would meet the sugar requirements.

# NOTES

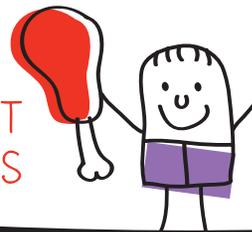
I'M  
THIRSTY



EAT YOUR  
VEGGIES



MEAT  
MATTERS



GROWING  
WITH GRAINS





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