



Wellness Buddy Wednesday Tip

How Much Are You “*Really*” Eating?

Take this quiz to get an idea of the accuracy of your estimation of your food portions. If you answer “**no**” to any of the 10 questions, you may need to improve the precision of your estimating abilities.

1. **Yes** **No** Do you own a food scale?
2. **Yes** **No** Do you have measuring cups and spoons where you serve food?
3. **Yes** **No** Do you keep a ruler handy in the kitchen?
4. **Yes** **No** Do you know how many ounces the glass you usually use at home holds?
5. **Yes** **No** Do you know how much the cup you use at work holds?
6. **Yes** **No** Do you know how many ounces are in the hamburgers, chicken, or fish you usually eat?
7. **Yes** **No** Do you count the number of strawberries, cherries, nuts, or french fries on your plate?

8. **Yes** **No** Do you know how many calories are in an ounce of your favorite cheese?
9. **Yes** **No** Do you read food labels to find out how much is in a serving?
10. **Yes** **No** Do you compare the calories per serving in possible food alternatives of your favorite foods?

Correctly measuring portion sizes of the foods and drinks you consume is important for estimating the total number of calories you eat and drink daily. Some foods are measured by weight in ounces or grams. Food scales are the most common method of weighing food. Scales are inexpensive (\$3-\$10) and you can purchase them at most discount or department stores.

Cereal, meat, cheese, and dried crunchy snacks are examples of foods measured by weight. Other foods and drinks are measured by volume in cups, tablespoons, and teaspoons. Milk, cooking oil, cooked vegetables, cut-up fruit, fruit juices, rice, and dried beans are examples.

Still other foods are measured by size. Size can vary anywhere from a measured size in inches to a more subjective size like a "medium" apple. And, foods can be measured by item count, such as one slice of bread, one egg, or five crackers.

Understanding the basics of measuring foods and drinks is important for controlling calories!

Providing guidance and support to make the "healthy choice the easy choice!"

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