



NORTH DAKOTA

# FNP News

Family Nutrition Program

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# Larger Portions = Larger People?

Thanksgiving starts the holiday season rolling.

Tasty goodies await us at every turn.

Is it possible to enjoy the flavors of the season without needing to buy larger-size clothing in January?

Portion control is very important for weight management. Some good news: all foods — *in moderation* — can fit in a healthy diet.



## What's a serving?

"Serving size" and "portion size" have different meanings. "Servings" are set amounts used on nutrition labels, for example. "Portions" refer to the amounts of food people actually eat.

Since most people don't bring along measuring cups and a scale, here's how you can estimate serving sizes:

- A three-ounce serving of meat is about the size of a deck of cards.
- A medium-size piece of fruit OR a serving of ice cream is about the size of a tennis ball.
- A serving of a potato is about the size of a computer mouse.



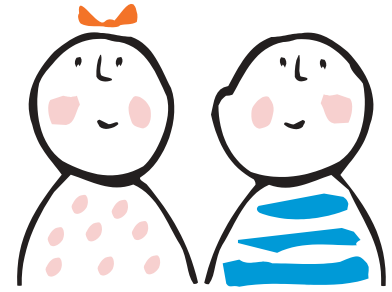
## Portion control away from home

Have you noticed that food portions in many restaurants seem to be getting larger? Your eyes aren't tricking you!

Nutrition experts have shown that portion sizes for many foods have increased in size in restaurants and at home, too.

These are some examples of expanding portion sizes in many restaurants:

- A portion of cooked pasta is often five times the size of a standard serving.
- Muffins are often three times the size of a standard serving.
- French fry portions are often three or more times the size of a standard serving.



Getting more for your money is good for your pocketbook, but it may not be good for your waistline! Researchers have also shown that people will usually eat all the food that's on their plates.

Large portions mean more calories. More calories without more physical activity can lead to weight gain — and more New Year's resolutions!

Instead of cleaning your plate, share your meal or ask for a take-out container right away. Save half of your food for tomorrow's lunch.



## Check out the nutrition facts label

Be a comparison shopper for both unit price and nutrition per serving.

The Nutrition Facts label shows the amount of calories, fat, carbohydrates and other nutrients for a particular serving size. Check it out!

Amount Per Serving		Calories from Fat 0
Calories 100		
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0 mg	0%
Sodium	280 mg	12%
Total Carbohydrate	21g	7%
Dietary Fiber	3g	14%
Sugars	0g	
Protein	3g	
Vitamin A	2%	Vitamin C 0%
Calcium	2%	Iron 10%

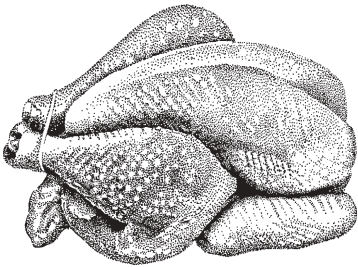
\* Percent Daily Values are based on a 2,000 calorie diet.



I've seen fresh and frozen turkeys at the grocery store. Which is better?

There's really no difference in quality, but there may be a price difference. Fresh turkeys usually are more expensive. Fresh turkeys are chilled right after packaging at the turkey plant. They have a shorter storage life. Frozen turkeys are flash frozen right after being packaged and remain frozen until the customer takes them home. Try to use frozen turkeys within a year of purchase.

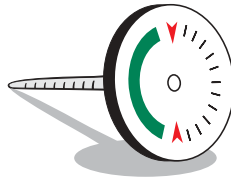
I don't have room in my fridge to thaw our turkey. What can I do?



You can safely thaw a turkey in water that's 70 degrees or colder. Change the water at least every 30 minutes. Remember: It's not safe to thaw turkey or any other meat on the counter!

How long should you roast a turkey?

It's safest to use a food thermometer to judge doneness. An unstuffed 8- to 12-pound turkey, for example, takes about three hours to cook at 325 degrees. Don't trust pop-up thermometers, because they may pop out before the turkey reaches an internal temperature of 180 degrees. Stuffing should reach 165 degrees. For more information, contact your local extension service office.



# Quick Turkey Chowder

- |                             |                               |
|-----------------------------|-------------------------------|
| 2 Tbsp. butter or margarine | 2 c. cooked turkey, chopped   |
| 1 small onion, diced        | 1 potato, peeled and diced    |
| 1 celery stalk, diced       | ¾ c. frozen corn              |
| 2 carrots, peeled and diced | ½ tsp. dried thyme (optional) |
| 2 Tbsp. flour               | Crumbled bacon (optional)     |
| 3 c. canned chicken broth   | Salt and pepper to taste      |

Melt butter in pan and add onion, celery and carrots. Cook one minute. Rapidly stir in flour and cook one minute, stirring constantly. Add broth and bring to boil, stirring constantly. Reduce heat and add turkey, potato, corn and spices. Cook over low heat for about 15 minutes, or until the potato is cooked. Season as desired. Top with crumbled bacon if desired.

*Makes 4 servings.*

*Each serving contains 282 calories, 9 grams fat and 22 grams carbohydrate.*

