

CARDSfit Nutrition Month



What's a Serving?

- One serving size of meat = palm of hand or a deck of cards
- One serving size of rice or pasta = size of a tennis ball or about the size of fist
- One serving size of cheese = the size of one domino or two fingers

20 Years Ago

3 inch bagel = 140 calories
Cheeseburger = 333 calories
Soda (6.5 oz.) = 85 calories
Muffin (blueberry, 1.5 oz.) = 210 calories

Today

6 inch bagel = 350 calories
Cheeseburger = 590 calories
Soda (20 oz.) = 250 calories
Muffin (blueberry, 5 oz.) = 500 calories

Nutrition Tip

Can't get the kids to eat their veggies?
--Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.