

# How Much Do You Eat?

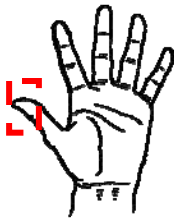
## Size it Up!

Each day most adults should eat:

- 2 ½ cups vegetables or more
- 2 cups of fruits or more
- 6 ounces of grains
- 3 cups of milk
- 5 ½ ounces of meat and beans

Go to <http://www.mypyramid.gov/> to find out how much you should eat!

The pictures below will help you size up how much you eat.



Tip of Thumb  
=1 teaspoon



Thumb=1 ounce



Fist=1 cup



Palm=3 ounces

Foods are sold in larger and larger sizes today than in the past so we end up eating more than we should. To eat less:

### At Home

- Eat from a smaller plate. It will trick your brain into thinking you are eating the same amount as you normally do.
- Snack on fruits and vegetables when you are hungry between meals.
- Remove dishes with food from the table at meal times as soon as everyone has been served. Most people will not take second helpings if they have to walk to get them.

### When You Eat Out

- Order smaller sizes.
- Share meals or put half of your food in a take out box before you even start to eat so you will eat less.
- Clear your place when you are full so you won't pick at what's left.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/sp](http://www.fns.usda.gov/sp). If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

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