COOK COUNTY BENEFITS CONNECT

Eat & Live Healthy for the Holidays

Challenge Day 2:
MEASURE EVERYTHING

FRUITS

4-5 servings per day*

ONE MEDIUM FRUIT serving size

= approximate size

FRESH, FROZEN OR CANNED FRUIT

= 1/2 cup

DRIED FRUIT

= 1/4 cup

FRESH JUICE

= 1/2 cup

VEGETABLES

4-5 servings per day*

RAW LEAFY VEGETABLE serving size

= 1 cup

FRESH, FROZEN OR CANNED VEGETABLE

= 1/2 cup

VEGETABLE JUICE

= 1/2 cup

LEAN MEAT, POULTRY & SEAFOOD

3 oz. cooked meat: About the size of a computer mouse

3 oz. grilled fish: About the size of a checkbook

YOUR CHALLENGE:

Learn and eat healthier portion sizes. Keep this chart handy until it becomes second nature.

Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables.

*Recommended daily goal based on 2,000 calorie/day eating pattern.

This information is provided by:

American Heart Association®

Be sure to join Cook County's "Eat & Live Healthy for the Holidays" private Facebook page and share experiences with your fellow employees! To join, visit https://www.facebook.com/groups/Myhealthconnections/.

myHealth CONNECTIONS
PROMOTING HEALTH AND WELL-BEING