



Eating HEART HEALTHY

Seafood In Schools

Lesson Plan: Portions Matter



**SEAFOOD
NUTRITION
PARTNERSHIP**

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Learning Outcomes

Following this lesson, students will be able to:

- Understand the importance of portion sizes as it relates to total caloric intake and weight gain.
- Identify daily serving size recommendations from the five food groups.
- Recognize the categories on the Nutrition Facts label and use the label to make healthy food choices.





Video

MyPlate, MyWins: What's Your Healthy Eating Style?

[Video link](#)

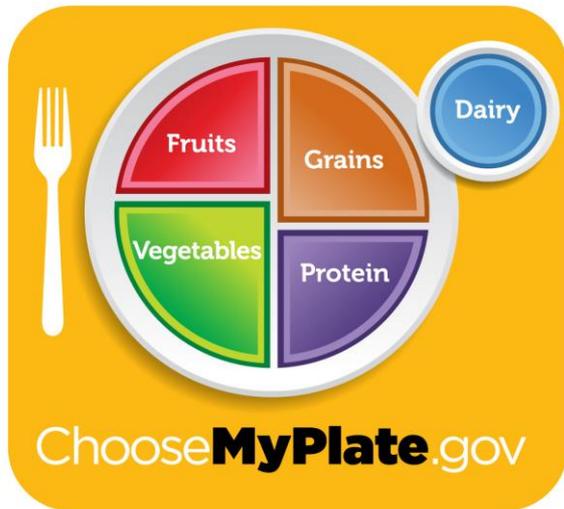




Eating HEART HEALTHY

Seafood In Schools

Your Recommended Serving Size



Is Not

SUPER SIZED





Serving Sizes

- A serving is the unit of measure used to describe the amount of food recommended from each food group.
- Serving size recommendations change based on gender and age. It is important to understand the recommended serving sizes for you in order to control your portions.





Portion Sizes

- A portion is the amount of a specific food you choose to eat at a meal or for a snack.
- It is important to monitor the portions you eat daily. Increased portions lead to excess calorie intake.
- Overconsumption of food and lack of physical activity are contributing factors of obesity and may increase risks of chronic disease.





Daily Fruit Recommendation

DAILY FRUIT TABLE		
DAILY RECOMMENDATION*		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.





Daily Vegetable Recommendation

DAILY VEGETABLE TABLE		
DAILY RECOMMENDATION*		
Children	2-3 years old	1 cup
	4-8 years old	1 ½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2 ½ cups
Boys	9-13 years old	2 ½ cups
	14-18 years old	3 cups
Women	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.





Weekly Vegetable Recommendations

WEEKLY VEGETABLE SUBGROUP TABLE					
	DARK GREEN VEGETABLES	RED AND ORANGE VEGETABLES	BEANS AND PEAS	STARCHY VEGETABLES	OTHER VEGETABLES
AMOUNT PER WEEK					
Children					
2-3 yrs old	½ cup	2 ½ cups	½ cup	2 cups	1 ½ cups
4-8 yrs old	1 cup	3 cups	½ cup	3 ½ cups	2 ½ cups
Girls					
9-13 yrs old	1 ½ cups	4 cups	1 cup	4 cups	3 ½ cups
14-18 yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups
Boys					
9-13 yrs old	1 ½ cups	5 ½ cups	1 ½ cups	5 cups	4 cups
14-18 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups





Daily Grain Recommendation

DAILY GRAIN TABLE			
		DAILY RECOMMENDATION*	DAILY MINIMUM AMOUNT OF WHOLE GRAINS
Children	2-3 years old	3 ounce equivalents	1 ½ ounce equivalents
	4-8 years old	5 ounce equivalents	2 ½ ounce equivalents
Girls	9-13 years old	5 ounce equivalents	3 ounce equivalents
	14-18 years old	6 ounce equivalents	3 ounce equivalents
Boys	9-13 years old	6 ounce equivalents	3 ounce equivalents
	14-18 years old	8 ounce equivalents	4 ounce equivalents
Women	19-30 years old	6 ounce equivalents	3 ounce equivalents
	31-50 years old	6 ounce equivalents	3 ounce equivalents
	51+ years old	5 ounce equivalents	3 ounce equivalents
Men	19-30 years old	8 ounce equivalents	4 ounce equivalents
	31-50 years old	7 ounce equivalents	3 ½ ounce equivalents
	51+ years old	6 ounce equivalents	3 ounce equivalents

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.





Daily Protein Recommendation

DAILY PROTEIN FOODS TABLE		
DAILY RECOMMENDATION*		
Children	2-3 years old	2 ounce equivalents
	4-8 years old	4 ounce equivalents
Girls	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
Boys	9-13 years old	5 ounce equivalents
	14-18 years old	6 ½ ounce equivalents
Women	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.





Daily Dairy Recommendation

DAILY DAIRY TABLE					
DAILY RECOMMENDATION					
Children	2-3 years old	2 cups	Women	19-30 years old	3 cups
	4-8 years old	2 ½ cups		31-50 years old	3 cups
Girls	9-13 years old	3 cups		51+ years old	3 cups
	14-18 years old	3 cups	Men	19-30 years old	3 cups
Boys	9-13 years old	3 cups		31-50 years old	3 cups
	14-18 years old	3 cups		51+ years old	3 cups

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.





Pop Quiz

Which of the following is the daily minimum requirement of protein for boys and girls age 9-13 years old?

- A. 2 ounce equivalents
- B. 5 ounce equivalents
- C. 5 ½ ounce equivalents
- D. 8 ounce equivalents





Know the facts!

Let's review the proper way to read a Nutrition Facts label and how to use it to compare foods and make healthy choices.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

1 Start Here →

Amount Per Serving

Calories 250 Calories from Fat 110

2 Check Calories

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

3 Limit these Nutrients

6

Quick Guide to % DV

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

4 Get Enough of these Nutrients

• 5% or less is Low

• 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

5 Footnote

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



Serving Size

① Start Here →

Nutrition Facts	
Serving Size	1 cup (228g)
Servings Per Container	2

- Serving sizes are standardized to make it easy to compare like food items; they are provided in units such as cups or pieces and are followed by the metric amount (e.g. the number of grams).
- The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.
- **Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"?** (e.g., 1/2 serving, 1 serving, or more)





Calories

Amount Per Serving	
② Check Calories	Calories 250 Calories from Fat 110

- Calories provide a measure of how much energy you get from a serving of this food.

Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

- Below is a general guide to calories (based on a 2,000 calorie diet)
 - 40 Calories is low
 - 100 Calories is moderate
 - 400 Calories or more is high

Note: Eating too many calories per day is linked to overweight and obesity.





Nutrients

Limit these Nutrients. Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

3 **Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

Get Enough of these Nutrients. Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

4 **Get Enough of these Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%





Footnote

Note the * used after the heading "%Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "**%DVs are based on a 2,000 calorie diet**". This statement must be on all food labels, but the remaining information in the full footnote may not be on the package if the size of the label is too small.

5 Footnote	* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
		Calories:	2,000 2,500
	Total Fat	Less than	65g 80g
	Sat Fat	Less than	20g 25g
	Cholesterol	Less than	300mg 300mg
	Sodium	Less than	2,400mg 2,400mg
	Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g	





Percent Daily Value (%DV)

- The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients and are based on a 2,000 calorie daily.
- The %DV can be used as a frame of reference whether or not you consume more or less than 2,000 calories.
- The %DV helps you determine if a serving of food is high or low in a nutrient.
 - 5% DV or less is low
 - 20% DV or more is high

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
6	
Quick Guide to % DV	
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

• 5% or less is Low

• 20% or more is High





Activity!

Let's practice reading and comparing two labels.

Hot Dogs (8 ct. package)

Nutrition Facts	
Serving Size: 1 link (57g)	
Amount Per Serving	
Calories 170	Calories from Fat 130
% Daily Values*	
Total Fat 14g	22%
Saturated Fat 6g	30%
Polyunsaturated Fat 0g	
Trans Fat 1g	
Cholesterol 34mg	11%
Sodium 530mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 8g	
Vitamin A 1%	Vitamin C -
Calcium -	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chunk Light Tuna (5oz. can)

Nutrition Facts	
Serving Size: 1/4 cup (2oz)	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Potassium 100mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.





Nutrition Facts Label Worksheet

STEP 1: THE SERVING SIZE

- What is the serving size for hot dogs and tuna?

Hot dogs _____ Tuna _____

STEP 2: CALORIES (AND CALORIES FROM FAT)

- How many calories per serving are in each item?

Hot dogs _____ Tuna _____

- How many calories from fat are available per serving of each item?

Hot dogs _____ Tuna _____

STEP 3 & 4: THE NUTRIENTS: HOW MUCH?

- How much sodium per serving are in each item?

Hot dogs _____ Tuna _____

STEP 5: UNDERSTANDING THE FOOTNOTE ON THE BOTTOM OF THE NUTRITION FACTS LABEL

- All of the information on the Nutrition Facts Label is based on how many calories a day? _____

STEP 6: THE PERCENT DAILY VALUE (%DV)

- List 3 differences you see in the daily values of the hot dog label and tuna label.





You Did It!

You've completed the
Portions Matter Lesson!





Optional Homework Assignments

- Daily Food Group Target
- Label Scavenger Hunt





Homework Assignment #1

Instructions:

1. Refer to the daily recommendation charts for each food group.
2. Find the recommendation for your age and gender for each food group.
3. Answer the questions on the worksheet provided.





Daily Food Group Target Worksheet

Name: _____

Date: _____

Use the food group charts from this lesson to determine your recommended daily food group targets.

1. How many cups of Fruits do you need in a day? _____ cups
2. How many cups of Vegetables do you need in a day? _____ cups
3. How many ounces of Grains do you need in a day? _____ ounces
4. How many ounces of Protein Foods do you need in a day? _____ ounces
5. How many cups of Dairy do you need in a day? _____ cups
6. Do you think you meet your daily food group targets on a typical day?

Check one:

Yes

No

If you answered no, which food group(s) could you improve on and how?





Homework Assignment #2

Instructions:

1. Recall the information you learned about the Nutrition Facts label.
2. Read over the questions on the worksheet provided.
3. Use food items you see in your home kitchen, the school cafeteria, or at a local store to answer the questions.

Optional: Ask students to share their answers with the class.



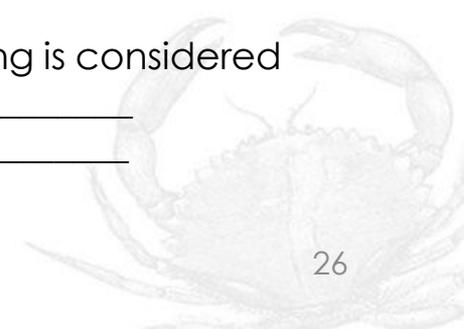


Nutrition Facts Scavenger Hunt Worksheet

Name: _____ Date: _____

To answer the questions below you can use foods found in your kitchen, the school cafeteria, or at a local store.

1. Identify one food that is labeled a whole grain: _____
2. Identify one food that is considered low in fat (less than 5% total fat per serving): _____
3. Identify one food that is considered high in fat (20% or more total fat per serving): _____
4. Identify a food that is high in at least one of the key nutrients of calcium, iron, Vitamin A, or Vitamin C. _____
5. Identify a food that is a good source of fiber (3 grams of fiber per serving is considered good, and 5 or more grams per serving is excellent): _____





We value your feedback!

Please take a moment
to complete the online survey.

Below is a survey link for students and a separate link for the instructor.

[Student Survey](#)

[Instructor Survey](#)

