

## Right Size Your Portions!

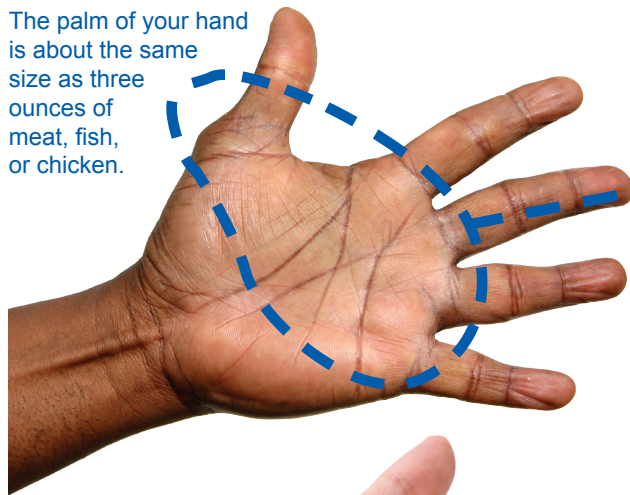
A serving size is what is recommended on a Nutrition Facts label, but what you actually eat is called your “portion.” Portions served at restaurants have gotten larger over the years. Here’s an easy guide to using your hand to estimate a smart size portion.



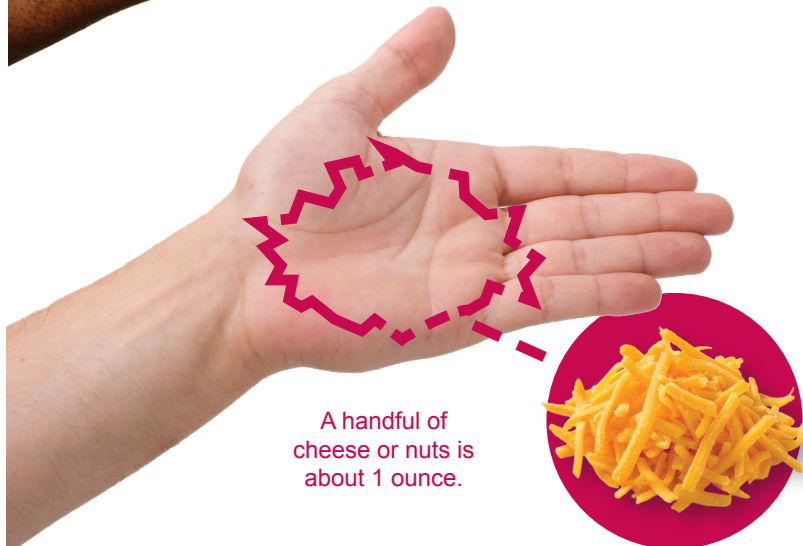
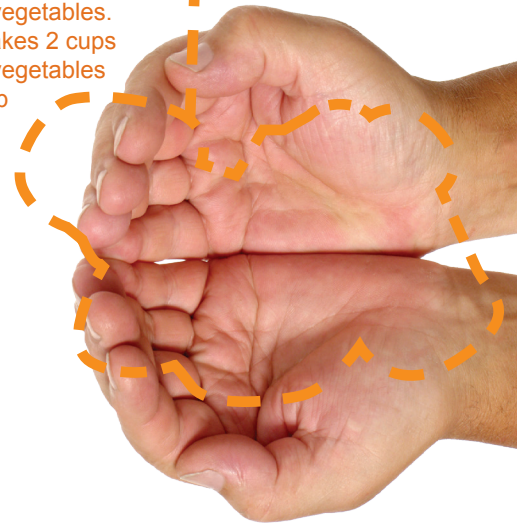
Your fist is about the size of one cup or one ounce of cereal.



Two handfuls is about the size of one serving of leafy green vegetables. Remember it takes 2 cups of leafy green vegetables to make a 1 cup serving.



The palm of your hand is about the same size as three ounces of meat, fish, or chicken.



A handful of cheese or nuts is about 1 ounce.



Your thumb is about the same size as one ounce of peanut butter or cheese.

# Right Size Your Portions!

## Chicken Quesadillas

Serves 4

### Ingredients:

- 1 cup skinless chicken, precooked and shredded
- 2 tablespoons chunky tomato salsa
- ¼ cup onion, chopped
- ¼ cup green bell pepper, chopped
- ½ cup Monterey Jack cheese, shredded
- 4 whole-wheat tortillas

### You'll also need:

- Nonstick cooking spray
- Knife and cutting board
- Measuring cups and spoons
- Large spoon
- Skillet

### Directions:

1. Mix chicken, salsa, onion, and green pepper.
2. Spray skillet with cooking spray and place it on stove on medium heat until hot.
3. Place ¼ of the chicken mixture on the bottom half of a tortilla and top it with ¼ of the cheese.
4. Fold tortilla in half, top to bottom, covering filling.
5. Place tortilla in heated pan and brown for approximately 2 to 4 minutes. Turn tortilla over and brown other side.
6. Cut each folded tortilla into 3 to 4 wedges.

### Nutrition Facts

Serving Size: 1/2 cup chicken mixture on 1 tortilla  
Servings: 4

Amount Per Serving		
<b>Calories 265</b>		Calories from Fat 45
		<b>%Daily Value*</b>
<b>Total Fat 5g</b>		<b>%Daily Value*</b>
Saturated Fat 2g		10%
<b>Cholesterol 40mg</b>		13%
<b>Sodium 628mg</b>		26%
<b>Total Carbohydrate 25g</b>		10%
Dietary Fiber 3g		10%
<b>Protein 25g</b>		50%
Vitamin A 4%	Vitamin C 42%	
Iron 10%	Calcium 15%	

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



Make physical activity a regular part of your day. Choose activities that you enjoy and can do regularly. Every little bit adds up and doing something is better than doing nothing.

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